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FOOD FOR THE FUTURE

**Josephine Terry is the well-known Cookery
Expert of the *Daily Mirror***

F O O D
FOR THE
F U T U R E

BY JOSEPHINE TERRY

With a Foreword by Julian Huxley

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FOREWORD

BY JULIAN HUXLEY

What is a good meal ? A meal that tastes good ? No, that is not the only criterion. After all, we all know plenty of things that we have enjoyed at the time, only to be sorry for them later ; and this applies to food as much as to anything else. What then is a good meal ? It is worth while for every housewife to ask herself that question.

A meal, to be a good meal, must satisfy several requirements. In the first place, it should contain enough of the different kinds of food substances needed for health and energy, and contain them in the right proportions and balance.

Most people know by now that there are three main kinds of foods—the fuel foods, like sugar and starch and fat, concerned in providing energy to drive the bodily machine ; the body-building foods, like lean meat, cheese, and other proteins, which are essential for the building up of new tissue in growing children, and for repairing tissue wear-and-tear in adults (though they also help out with energy-requirements) ; and the protective foods, the vitamins and mineral salts, found in milk and butter, fruits and green vegetables, germ of wheat, and so on, which are needed only in traces, but are as absolutely necessary for health and fitness as lubricating oil is for the running of a car. In any case, every housewife can acquire a working knowledge of these three food-groups with less time and trouble than it took her to learn to make her first Christmas pudding.

In the second place, a good meal should taste good and satisfy the appetite. Good materials, good cooking, attractive service—all are required. Good cooking is especially

important. It is all too easy to ruin a meal, however tasty it may be made with condiments, by cooking it so as to reduce half the nutriment in it (as well as making it taste less good). Green vegetables, for instance, are frequently reduced to a state where they are little more than coloured cellulose.

Thirdly, a good meal should be as cheap as possible, provided always that the requirements of health, of satisfying appetite, of tasting good are met.

I am not thinking only of the war in writing this foreword. A good meal is a good meal, war or no war. - It is more difficult to provide good meals under war conditions, but that is no reason for not trying, and indeed for trying the harder.

Josephine Terry, in this excellent little book, puts forward a number of new recipes and new methods. Some of them have been suggested by war restrictions, but they can all find their place, if sometimes with a bit of alteration, in peace-time. In fact, many of us hope that these very difficulties caused by the war will shake us out of our unreasoning conservatism in matters of food and remove a long-standing reproach from our country by improving our national cooking, which at present is of a very low standard indeed. And at the same time, our country's health may well be improved, instead of impaired, as a result of rationing and restriction. I strongly commend Miss Terry's book to the great army of women employed on the nation's food-front.

JULIAN HUXLEY.

August, 1941.

YOUR BIT—WELL DONE

WE all know that some of our good fortune has come to us through something we disliked very much at the time, through happenings, unpleasant or even tragic, which proved later on to have been good for us.

The present food shortage may well be such a happening. Hard to endure at times, it makes us aware of many new tastes and provides thrills which otherwise we should have missed. As we have to go through with it we may as well make the best of it and see that our effort and patience are not exercised in vain. We can learn a good deal through the hard lessons we are now getting, were it only the art of becoming a good housewife who can produce cheerfully a well balanced appetizing meal in no time out of nothing.

It sounds like witchcraft, yet it is simple and easy. At the outset it requires some thinking and experiment and some research. We cannot all spend our time and risk our foodstuffs in trying to find out how to save time and food. It is therefore up to a few of us to study the problem and then tell the others about our results.

No longer is cooking surrounded with dullness. In these days there is a glamour about it. The good cook is rather like a conjuror—producing rabbits out of a hat.

Still, there remain plenty of little bothers even if as part of our skill we have reduced them miraculously. And that is as it should be.

Let us look upon our tasks as housewives with due seriousness. We are the doctors and nurses of our families. We have to protect their health and their nerves and to humour their moods. We have to work for that just as doctors and nurses have to work, and like them we shall find intermingled in our tasks the dull with the thrilling, the

ever repeated small worry accompanied by success and reward.

You housewives who only recently started cooking have the chance of your life now. You have not been squeezed tightly into the frame of tradition and you are not the victims of that dreaded comparison with a mother who baked (or grilled) the best pie (or steak) in the world.

May this little book make you feel, every time you serve a dish, that this is your bit—well done.

WEIGHTS AND MEASURES

1 ounce flour	...	...	1 heaped tablespoonful
1 ounce cornflour	or	custard	
powder		...	2 heaped tablespoonfuls
1 ounce oatmeal	...	...	1 heaped tablespoonful
1 ounce rolled oats	...	...	3 level tablespoonfuls
1 ounce rice flour	...	...	1 heaped tablespoonful
1 ounce sugar	...	...	1 heaped tablespoonful
1 ounce breadcrumbs	...	...	2 fairly heaped table- spoonfuls
1 ounce barley (pearl)	...	...	2 level tablespoonfuls
1 ounce lentils	...	...	2 level tablespoonfuls
1 ounce haricot beans	or	peas	
(dried)	...	...	2 level dessertspoonfuls
1 ounce cocoa	...	...	2 level tablespoonfuls
.	.	.	.
3 level teaspoons	...	...	1 level tablespoon
6 level teaspoons	...	...	1 heaped tablespoon
2 heaped teaspoons	...	...	1 heaped dessertspoon
2 level dessertspoons	...	...	1 heaped tablespoon
.	.	.	.
$\frac{1}{2}$ large breakfastcupful	...	...	1 gill
1 large breakfastcupful	...	...	$\frac{1}{2}$ pint
1 teacupful	...	...	$1\frac{1}{2}$ gills
2 teacupfuls	...	...	$\frac{3}{4}$ pint
8-10 tablespoons	...	...	1 gill

BASIC MIXTURES

TO THICKEN A LIQUID WITH A LITTLE FLOUR

Unless you can strain and measure your liquid you have to use your sense of proportion. Try to measure the amount of liquid you have in the saucepan by pushing aside the solid matter and tilting the pot. Always allow for a little more than you see; the solid matter contains liquid as well.

To thicken liquid into a sauce, count 1 level tablespoonful of flour to half a pint. Make sure that the liquid is almost boiling. Stir 1 tablespoonful of flour with 1 tablespoonful of cold liquid. If possible, add this drop by drop, stirring all the while. Beat it strongly for about $\frac{1}{2}$ minute. Always use the smallest cup, the sides of your basin give the necessary resistance for pressing the flour.

It is most important to stir the flour very gradually with very little cold liquid before adding it to the hot liquid. In this way you will get a perfectly smooth sauce without any lumps.

Always pour about 1 tablespoonful of hot liquid into the cup or basin in which you have blended the flour. Stir strongly. It will swell. Now add it to the saucepan with the hot liquid and stir at once vigorously. Cook for 2 or 3 minutes; cook gently.

Always stir the flour with the same number of spoonfuls of cold liquid, adding at first drop by drop, later spoon by spoon.

TO MAKE A THICK SAUCE, ALMOST A PASTE

Count 1 heaped tablespoonful of flour to every $\frac{1}{2}$ pint of liquid. Proceed as described above.

Should the sauce or the paste be too thin, cook gently for a longer time. Do not cover with a lid.

Should it be too thick, add any suitable liquid; add it gradually.

If you want to use or serve a sauce, thickened with flour, some time after you have cooked it, keep it in the saucepan with the lid just tilted over it.

TO THICKEN SAUCE WITH A LITTLE CORN- FLOUR

Count 1 level tablespoonful of cornflour to every $\frac{1}{2}$ pint of liquid. Bring the liquid to the boil.

Stir 1 level tablespoonful of cornflour with 2 tablespoonfuls of cold liquid. Pour this into the boiling liquid, stirring at once vigorously. Cook it gently, stirring tenderly. Cook for 2-3 minutes.

TO GET THE CONSISTENCY OF A CUSTARD

Count 2 level tablespoonfuls of cornflour to every $\frac{1}{2}$ pint of liquid. Stir it with 2 tablespoonfuls of cold liquid.

Should you want to make the sauce thicker than you have it, add twice as much of the hot sauce to the newly stirred cornflour. Do not pour this into the boiling, but the just hot liquid. Proceed to cook once more, this time only for $\frac{1}{2}$ -1 minute.

TO THICKEN WITH ROLLED OATS

If you want to leave the dish to stand for some time after you have added the rolled oats and cooked them for 3-4 minutes, sprinkle only 1 tablespoonful of rolled oats into 1 gill of boiling liquid.

Should you want to use your dish at once, well thickened, add 1 heaped tablespoonful of rolled oats to the boiling liquid. Cook gently for 4-5 minutes.

TO THICKEN A POTTAGE WITH ROLLED OATS

Sprinkle 1 heaped tablespoonful of rolled oats into half a pint of boiling liquid if you want to leave it for a while after it has cooked for 3-4 minutes: 2 heaped tablespoonfuls if you wish to use it shortly after it has cooked for 4-5 minutes. Remember, rolled oats thicken considerably when left to stand.

TO THICKEN WITH A LITTLE FINE OATMEAL

Do this in the same manner as mentioned above. But cook gently for at least 10 minutes.

It is important to remember that all oat products thicken when left to stand.

TO THICKEN WITH BREADCRUMBS

Breadcrumbs as well as chunks of bread swell after about 10-15 minutes. The amount to use depends on their staleness or dryness.

ORDINARY PASTRY

(SUITABLE FOR PIES AND PUDDINGS AND PATTIES)

Mix well: $\frac{1}{2}$ lb. flour with $\frac{1}{2}$ teaspoonful baking powder, a pinch of salt and either sugar or, for savouries, whatever dried herbs and spice you choose. Rub into this 3 oz. of shortening (hard fat). Moisten it with enough water to make a stiff dough. If possible leave to stand for half an hour.

POTATO PASTRY

(SUITABLE FOR PIES AND PUDDINGS, PATTIES AND BISCUITS)

Prepare potatoes as described under Rule No. 1. Cook them in their jackets and mash them while still warm, with

their skin. Press them into a basin and smoothe the surface. Leave to stand overnight.

To potato mash made with 4 oz. potatoes (a medium-sized potato), add 8 oz. of flour and 2 oz. of melted fat. Mix this with the tips of your fingers. Add enough water to make a smooth, stiff dough.

OATMEAL PASTRY

(SUITABLE FOR PUDDINGS AND PIES)

Mix 4 oz. of flour with 2 oz. of fine oatmeal, $\frac{1}{2}$ teaspoonful of baking powder and a pinch of salt. Rub into this 2 oz. of hard fat. Add enough water to make a stiff dough.

SHORT PASTRY

Make any of the pastries mentioned above, using respectively 6 oz. instead of 3 oz. of shortening and 3 oz. instead of 2 oz.

DUMPLINGS

Any of these pastries can be used for making dumplings. Shape balls with the pastry, roll them in flour or fine oatmeal and, if possible, leave to stand for a while before cooking them.

Always drop dumplings into boiling liquid, cook gently without a lid until they rise and then, according to size, for further 3-5 minutes.

TURNOVERS

(WHICH YOU MIGHT LIKE TO CALL PIROGGI (IF SAVOURY))

Roll out any of the above-mentioned pastries. Cut squares and fill the centre with stuffing. (Sweet, or savoury such as sage or the like.) Fold, moisten the edges and press

them tightly together to seal them well. Bake on the middle shelf of a moderate oven. To give them a golden glaze, brush with milk before baking.

PANCAKES . . . WITHOUT EGGS

Mix 3 tablespoonfuls of flour with 2 teaspoonfuls of cornflour, $\frac{1}{4}$ teaspoonful of egg powder and a pinch of salt.

Beat 7 tablespoonfuls of milk into the flour mixture. Leave to stand for a while.

SMALL PANCAKES OR CRÊPES

Stir the batter, pour 1 large tablespoonful into a well-greased pan over a high flame. Tilt the pan to let the batter run at once all over it and a little up the sides. Turn the flame low, shake the pan until the surface of the pancake is dry. Turn over and fry quickly on the other side.

For any kind of stuffed pancakes or crêpes, you do not have to turn the pancake. Make sure that it is really dry at the surface.

LARGE PANCAKES . . . cut into portions

Stir the batter and pour it all into a large, well greased frying pan. Shake over a high flame for a few seconds, turn the flame low and continue to fry until the surface is dry.

Cut into portions and turn the portions over to fry quickly on the other side.

Or fill the pancake and cut into portions.

SWEET PANCAKES . . . WITHOUT EGGS AND SUGAR

Make the same pancake batter as described above. Add 2 tablets of saccharine, previously dissolved in a little hot water, to this amount of batter.

You will then need not more than very little sugar to give the illusion of a peace-time pancake.

For lemon flavouring, dissolve a little artificial flavouring, and sprinkle over the pancakes before folding them.

DISHES WITH LITTLE MEAT

(1) **Ghoulash Knockies**

You will soon realize that this is by no means the orthodox ghoulash, but it tastes very much like it.

Any odd bits of meat can be used, preferably beef. But veal or pork or even mutton will do, with or without bones, or a mixture of these. All you want to make sure of is that your pieces are not much larger than about $\frac{1}{2}$ in. to 1 in.

With a little dripping or render-bits (p. 100), flour and stock (which can be made with meat extract), make a rather thick gravy. Season this gravy highly with salt, pepper, if possible paprika, and, if you can get it, any kind of tomato sauce or juice or pureé. If nothing else is available use generously some kind of bottled sauce or chutney or both. Even $\frac{1}{2}$ bayleaf and 2-3 cloves will give the right flavour.

Add the meat pieces to this boiling gravy, stir for about two to three minutes over a rather high flame. Add a chunk of brown bread. Cover the saucepan with a lid and simmer until the meat is tender.

It makes all the difference if you can put in a little onion, spring onion or leek at the beginning.

KNOCKIES: Into one cupful of flour (which you have put into a mixing bowl) beat enough milk to make a thick batter, add salt, pepper, grated nutmeg and one heaped teaspoonful of egg powder.

About a quarter of an hour before you want to serve this dish, cook the knockies. This is how you do it: Hold the basin with the batter over the Ghoulash which must now be boiling. Tilt the basin and, while the batter runs slowly,

flick little bits off with the spoon into the boiling ghoulash. According to your liking, you can make these knockies smaller or larger. Stir carefully and cook gently until the knockies have risen and are done.

According to the economy you have to observe, you can proportion the meat and the knockies. In emergencies make a greater number of knockies for a smaller amount of meat. But make sure beforehand that you have at least enough gravy to cook the knockies in.

Leg of beef or even ox tail are very suitable for this dish.

(2) Baltic Dumplings

Use minced meat for these. In emergencies you can ask the butcher to mince for you some of the offals to which your family objects, sweetbread, heart, brain, or you can mince them yourself. Of course minced beef is best, but you can use a mixture of beef and offals.

Add stock (which can be made with meat extract) to the minced meat. Add bread crumbs. You must use your own discretion for the proportioning, according to how much meat you have and how many dumplings you feel obliged to serve. Add salt, pepper, and enough capers with a little of the caper sauce to make it tasty. If you have no capers use a few mashed sardines. Mix this altogether. Shape small balls with it and turn them in flour.

Cover the bottom of a medium saucepan with water, about 1 in. deep. When it boils, add as many dumplings as you can place in it comfortably, i.e., the water should just reach the top of the dumplings. Cook gently until the dumplings have risen and are done. If you have more dumplings than you can cook at one time in this amount of water, continue to cook them in portions. The idea is to get as strong a gravy as possible. Remember, water has the least nutrition value of any ingredient you use.

Thicken this stock with a little flour or fine oatmeal,

previously stirred with a little cold water. Season with salt, pepper and either more capers or a little more of your mashed sardines. If you can, add a few drops of lemon flavouring.

(3) **Brain or Sweetbread Fritters**

Hardly anybody will recognize what kind of meat provides the basis for these fritters. If you want to give your kitchen management an international touch, call them 'Schnitzel.'

Whatever offal you use for these fritters, cut it into small pieces, making them as thin as possible. Do not trouble to remove all the skin from the sweetbreads, it is unnecessary. Just trim the worst parts; it should not take more than a few minutes. Turn these pieces in milk and then in bread-crumbs which you have spread thickly on a wooden board. While you turn the pieces in crumbs flatten them out, pressing them again and again to make them as thin as you can. They shrink and swell while frying.

Fry the fritters in very hot fat or lard; fry quickly. Serve with any kind of vegetable, or to make a really good dish, reminiscent of peace time, serve with vegetable salad or potato salad or lettuce.

You can serve these fritters either hot or cold. They make a useful *sandwich filling*.

(4) **Liver Loaf**

Chop any kind of liver (after removing thick veins), and pass it through the mincing machine.

Heat fat or lard, if possible not less than a tablespoonful to $\frac{1}{2}$ lb. of liver. If you can spare a little chopped onion or spring onion, it will make all the difference. Simmer this in the fat.

Add to the minced liver (for $\frac{1}{2}$ lb.): one level teaspoonful each of thyme, sage, marjoram, mace. Salt and pepper to taste. Now add the hot fat and beat strongly for a few minutes.

Here are the different ways in which to cook this mixture :

- (a) Pour it into a greased basin and steam until done.
- (b) Pour it into a greased loaf tin and bake until done.
- (c) Pour it into a pie dish or loaf tin, which you have lined with pastry. Cover with a pastry lid and seal the edges. Bake until done.
- (d) Fill some of the liver mixture into little patty tins which you have lined with pastry. Bake until done.

Serve the liver loaf, cooked or baked, either hot or cold, preferably cold. *Excellent sandwich filling.*

With the cooked liver loaf, when it is cold, you can make :

(5) Delicate Cups

(Last remainders of liver loaf will do for this.) Place rounds or little lumps or small thick slices of liver loaf into separate dishes or small cups.

Make a jelly with stock (dissolved meat extract) and gelatine according to directions on the packet. While this is still liquid taste it for salt and pepper and, if you have it, a few drops of wine or brandy.

When the jelly is cold but not yet set, pour it into the dishes over the bits of liver loaf. Leave to set. Garnish with parsley.

CORNEB BEEF

What does the flavour of corned beef remind us of? We should say it is very like that of ham. Starting from that we can use corned beef for a great variety of the dishes for which we used ham in unrationed days.

We have always favoured ham and veal pie, and all the elaborate little dishes we could make with a mixture of ham and veal. We have no ham and no veal. So let us try.

(6) Beef Pie

Make a pie pastry and line with it a loaf tin; reserve enough pastry for a cover.

Prepare the following mixture: heat half milk, half water with very little dripping or cooking fat. Add flour, previously stirred with a little cold water, cook gently for a few minutes. It should be a thick paste. Add meat extract and pepper to season it. Do not add salt. Add any amount of chopped corned beef. Stir well. Do not cook any more.

Fill the lined tin with this mixture, cover with pastry and seal the edges. When you bake it, remember the corned beef is cooked and you have to bake it only long enough to cook the pastry. Serve either hot or cold.

(7) Savoury Beef Croutons

Make the same mixture as in the previous recipe with a thick white sauce and chopped corned beef. Leave to cool. The longer you leave it the better you can handle it. Before you want to finish your dish, mix the corned beef paste with a little chopped parsley. Spread it on toast, sprinkle with milk and grill it until it is brown.

(8) Beef Crepes

Make a pancake batter according to the recipe under BASIC MIXTURES. Do not sweeten the batter. Either fry one very thin large pancake, or separate small ones. Place these pancakes on a wooden board. Spread corned beef mixture across the centre of the large or the small pancakes, fold in the usual way. If you have made a large pancake cut it into portions.

Arrange the pancakes, or the portions, in a fireproof dish. Put under the grill and heat once more slowly.

You can prepare these pancakes at any convenient time, even a day before you want to use them, and re-heat under the grill. Sprinkle with milk before grilling them. The batter will then be crisp.

(9) *Virginian Hot-Pan*

Chop the corned beef finely and put it into a dry saucepan. You do not need any fat. Stir it over a medium flame. When it is hot, add any kind, any amount, of very finely shredded green vegetables and grated root vegetables. Stir at the beginning for a minute or two and then cover it with a lid. Bring to the fast boil, cook for *one minute* and remove it from the flame. Do not lift the lid again after you have cooked it for one minute.

After half-an-hour taste for salt and heat it up very quickly. Serve with floury potatoes, or rice, or macaroni.

(10) *Corned Beef Fritters*

Turn the corned beef slices in stiff batter and fry them quickly in very hot fat in a frying pan.

(11) *Stuffed Corned Beef*

Place slices of corned beef into a baking tin and cover them thickly with a sage stuffing. Spot this with little lumps of dripping or margarine and bake in the oven, just long enough to cook the stuffing.

(12) *Meat and Kidney Pie*

This dish is an excellent help to those households with one or two members of difficult tastes—the sort of people who refuse to touch heart or any other kind of offal and long for steak and kidney pie or pudding.

Prepare your pudding basin or pie dish in the usual way with pastry, reserving enough of it for a cover. Cut any kind of heart into small pieces, or for that matter any kind of offal, even if it is mixed. Make sure that you get either a small kidney or a little piece of kidney. This lonely kidney will perform the miracle. Slice the kidney very finely; make a particular point of this. Put the slices into a saucepan with

hot fat, dripping or lard, and stir quickly over a high flame. Cover the saucepan with a lid and stew the kidney on the lowest flame for about 5-6 minutes. Add the meat pieces, stir once more and again replace the lid. Simmer until done. Now taste for salt and pepper. Thicken the gravy and put all together into your lined pie dish or pudding basin and either bake or steam as you usually do. Bake or steam only for the time needed to cook the pastry; remember the meat is done.

When you begin to serve it, you will find that the kidney and the gravy which it has developed, have covered everything with grace.

TO MAKE PORK PALATABLE even to those who do not fancy it

(13) Pork Stew Piquante

Begin to fry the pork. When it is half done, add slices of apple, washed and cored but not peeled. If you can—and dare—add a spoonful of sultanas or raisins. Add salt and pepper to taste. Simmer until done, covered with a lid.

You can make the meat go further by adding slices of potatoes at the same time as you add the apples.

(14) Gipsy Casserole

Turn small pieces of pork chops or cutlets in milk and then in crumbs. They should be well covered with crumbs; if necessary repeat the process. Fry in the usual way. Remove the meat from the frying pan and keep in warm place.

Use the fat in the pan for making the sauce you need, if necessary add a little more fat. Add as much flour as the fat absorbs, stir over a high flame until it becomes light brown. Add enough stock, which can be made with meat extract, to make a creamy sauce. Season with salt and pepper and plenty of tomato purée or chutney.

Arrange the fried pork in a casserole and pour the sauce over it.

To serve, heat once more either carefully over a top flame or under the grill, or in the oven.

Again, you can prepare this dish at any convenient time, even the day before you want to use it, and reheat it.

(15) Pork Belly

makes delicious 'Schnitzel,' hardly distinguishable from that we have dealt with already. Cut the meat into very thin slices. Turn these in milk and coat thickly with bread-crumbs. Fry in the usual way.

(16) MEAT GALANTINE

You can make this galantine with almost anything you have in the house. Scraps of meat, poultry, game, or a mixture of these. Any kind of cooked and diced or sliced vegetable, except potatoes or green vegetables. You should add at least half a cup of chopped mixed pickles or gherkins to one and a half cupfuls of meat or meat and vegetable mixture.

Make a stock with meat or vegetable extract, using either water or some of your stock pot. Add gelatine to the stock according to directions on the packet. Mix together, taste for salt, pepper and vinegar. You can add mixed herbs as well. Leave to set.

VEAL

An objection frequently raised against veal is that it is tasteless. It is the same with some kinds of fish. There is really a very fine flavour to veal, but it is rather restrained and delicate and has to be brought out by contrasting or emphasizing ingredients.

(17) Roast Veal Français

Heat dripping in a baking tin. Add chopped bacon or bacon rinds. Place the joint in it. Cover it slightly with a little more suet or dripping or lard. Also with a few bacon rinds. Begin roasting it on the middle shelf of a fairly hot oven, basting it until it begins to brown. Turn the flame lower and continue to cook it, basting it about every 5-10 minutes.

Count about 15 minutes per pound if you have a small joint, 10 minutes for any joint over three to four pounds.

10 or 15 minutes before the joint will be done add either milk or buttermilk, or a little 'top of the bottle.' Add about one third more milk than you have gravy in the baking tin. If you have not used buttermilk add about 1 dessertspoonful of vinegar to give the illusion of sour cream.

Place the joint on the top shelf of a fairly hot oven and baste it with the creamy gravy.

Before serving, thicken the gravy with a little cornflour, previously stirred in cold milk. If you wish, add a few drops of gravy browning.

You can make this dish especially delicious by adding very finely diced carrots right at the beginning. Use only a tablespoonful for a medium sized joint.

It is good economy to roast a veal knuckle with your joint in the same tin.

(18) Veal Fricassee

For this dish you can make use of the odd bits of veal which are generally made to disappear in a veal pie.

With a very sharp knife cut this pie veal into small pieces. If your butcher has a mincing knife with large square holes you can ask him to put the meat through his machine, using this knife.

For every cupful of chopped or roughly minced veal bring

half a cupful of water to the boil. Add to this mixed herbs, 1 level teaspoonful for every cupful of water. For the same amount of water add either a few slices of parsnip, carrot, celery, one or two sprigs of cauliflower or all of these. Add salt and 2 or 3 black pepper corns.

When the water boils add the meat, stirring it quickly to separate the bits. Cover the saucepan with a lid, cook gently for about 15-20 minutes.

Thicken the sauce with flour which you have blended with milk, or better, with the 'top of the bottle.' Taste for salt and pepper and a few drops of bottled sauce. Add, if you like, either a teaspoonful of capers and a teaspoonful of caper sauce, or an egg yolk previously stirred with a little milk, or both of these.

Serve either in a ring of mashed potatoes, or, if you want to make an orthodox dish, in a ring of savoury rice. You can also put this fricassee into a casserole or fireproof dish, sprinkle it with milk and give it a brown crust under the grill.

MAIN MEAL DISHES WITHOUT MEAT

(19) Pies and Flans

For all these dishes line a flan tin with pie pastry. Here is a variety of fillings : (a) A thick lentil purée mixed with raw grated or minced carrots and turnips. (b) Pea purée mixed with gratings of cheese rind. (c) Cooked butter-beans.

Garnish any of these with (a) A ring of tomato slices. (b) Finely chopped bacon rinds. (c) Strips of pie pastry, little dots of dripping put into the spaces. (d) A ring of cucumber slices well sprinkled with salt, pepper, and chopped parsley. (e) Mashed pilchards in tomato placed in a ring around the outer edge. (f) A ring of any kind of cooked

left-over vegetables, sprinkled with curry powder. (g)
A little chopped bacon.

After the flan is filled with stuffing, bake until done.

(20) Caddie Pie

Line the pie dish with pastry, and reserve enough pastry for the cover.

Prepare different vegetables as under Section VIII.

See that you have a nice colour scheme: for instance, brussels sprouts, carrots, a little curly kale; or again: cauliflower, peas, finely sliced radishes, or chopped runner beans, chopped asparagus, and a few mushrooms.

Mix the various vegetable juices which you have left over after the vegetables are done. You will probably not want all the asparagus water, if you have used asparagus.

Thicken this juice according to its flavour, with either cornflour or fine oatmeal or flour, or rice powder, semolina, all of which you have to stir previously with a little cold water, before adding it. Taste for salt and pepper and, if you wish, a little mixed herbs. Add margarine according to what you can afford. Fold the vegetables carefully into this sauce, fill into your lined pie dish, cover with the pastry lid and seal the edges.

Bake only for the amount of time you need to cook the pastry. You can make a pudding the same way. Steam only for the time necessary to cook the pastry.

(21) Devonshire Pie

Into half a pound of flour beat gradually $1\frac{1}{2}$ pints of milk, add three teaspoonfuls of egg powder and one teaspoonful of cream of tartar, season with salt and pepper. Pour this into a fireproof dish, in which you have heated one tablespoonful of margarine or dripping.

Prepare one pound of potatoes, according to rule No. 1. Slice them finely; this is best done on the slot of a grater.

Arrange the potato slices in the batter, sprinkle with chopped parsley. Bake in the oven until done.

(22) New England Pie

Prepare the same batter as for Devonshire Pie. Instead of adding sliced potatoes, add either cooked butter-beans, or par-boiled runner beans, which you have cut slant-wise into small pieces. Arrange a few slices of tomato cross-wise on top and spot the tomato with as much dripping as you can spare. Bake in the oven till done.

(23) Gentlemen's Pie

Again prepare the same batter as for the previous pies. This time season it with curry powder. Arrange in it half cubed raw potatoes (small cubes) and half finely chopped raw broad beans. They should be young ones, so that you can use the whole pods after you have topped and tailed them. Sprinkle with curry powder and a little chopped bacon. Bake in the oven till done.

RICE AND MACARONI

You can prepare rice as well as macaroni at home with so little bother and fuel that you will not want to use tins again, even when you can buy them after the war. Home-made rice and macaroni dishes are infinitely cheaper.

Here is the formula :

(24) Rice

For one pound of rice bring two quarts of liquid to the boil (either water, or water and milk mixed, or milk), add the necessary salt and, if you wish to make a pudding, sweetening. Any flavouring you wish to give your savoury

rice should be added to this water, as well as a little dripping. For puddings add a little margarine or cooking fat. Throw the well washed rice into the boiling water. Simmer for five minutes, stirring once in a while. Cover the saucepan with a well-fitting lid. Remove it from the flame. Do not lift the lid again. Leave it without further fuel for half an hour. After this time loosen the rice with a fork. Bring it once more to the boil, covered with the lid. Remove again from the flame and leave it for another twenty minutes.

Your rice is now perfectly tender, thoroughly done, the grains are separate one from the other. It is not so powder dry that it will fall from your fork when you eat it; but it is neither mushy nor thin. It has a proper and appetizing consistency.

You will see at a glance how much less fuel you have used than you would have done by cooking it in the usual way. You do not have to be afraid of its sticking to the bottom or burning.

You have saved all the valuable contents in the rice.

Here are some emergency suggestions: (a) Fold carefully into the rice, cooked or tinned peas or any other suitable tinned or cooked vegetable. (b) Use tinned tomato soup or tomato purée, or home made tomato purée to make a sauce which you can pour over the cooked rice. (c) Spoon it into a plain soup or stock, shaping this way dumplings. (d) Mix it with tinned salmon and chopped parsley, fill it into a wetted mould. Turn it out when it is cold. If you wish, serve with salad dressing. For (e) Savoury Rice—which really deserves its name—fry chopped onions or spring onions in dripping, add generously curry and stir this for a few minutes over a medium flame. Add chutney and a little bottled sauce to taste. Fold this carefully into the cooked rice. Do not be unjust to this delicious dish by attempting to prepare it if you have only a small portion of the ingredients necessary to spice it.

(25) Macaroni

Macaroni referred to in the following suggestions comprises everything that is fundamentally alike, spaghetti, vermicelli, short cuts or dainty cuts, pastry shells, noodles, or whatever you may be able to get.

For every pound of macaroni bring three pints of liquid to the boil, add salt and a little lard or margarine. In some cases you can dispense with the fat. When the water boils add the macaroni. If you wish to use whole spaghetti or macaroni that does not seem to fit into any of your saucepans put it into the boiling water even if it stands up above the rim. After a few seconds in the heat, the sticks will soften and fall into the saucepan. Stir the macaroni in the boiling water for two to three minutes. Cover the saucepan with a lid. Bring once more to the fast boil. Just at the point where there is danger of the liquid boiling over, remove the saucepan from the flame. Do not lift the lid again. Leave for half an hour without further fuel. At the end of that time loosen it with a fork. If necessary add very little boiling water, and re-heat. Serve with mustard or asparagus sauce (see page 45).

(26) Sweet Spots

Add a little sweetening, sugar or saccharine, to the liquid in which you want to cook the macaroni. If possible use half milk, half water, do not forget the salt, any sweet dish wants a contrast to the sweetening. Preferably use the small shaped macaroni products for this dish, or break the long kind into small pieces.

When it is cooked, add enough milk to make it smooth and creamy, sprinkle with sugar and cinnamon, and, if you wish, a little margarine.

POTTAGES—THE ONE-COURSE MEAL

(27) **Highland Pottage**

For this pottage you can use render-bits, p. 100, which are left over when you have rendered raw or cooked fat. Heat the render-bits in a large saucepan. Add any amount of finely chopped and grated vegetables, as mixed as possible. Fill up with the amount of water required, but remember, vegetables develop their own juice ! When the vegetables are done, add enough rolled oats to make the stock creamy. Serve with toasted bread.

Here is the suggestion for a good and economical proportioning: (4-5 persons)

1-2 heaped tablespoonfuls of render-bits, 2 large carrots, 1 medium potato, either 2 medium turnips or a small stick of celery (including the chopped leaves), 2 large cupfuls of chopped greens (cabbage, curly kale, the leaves of a cauliflower or the like). And, if you have it, onion or spring onion or leek. About 1 pint of water, 3-4 level tablespoonfuls of rolled oats.

Keep rule No. 4 for cooking vegetables well in mind.

(28) **Guardsmen's Pottage** (4-6 persons)

Soak overnight $\frac{1}{2}$ pint of split peas (well washed) in $1\frac{1}{2}$ pints of water.

Next day, bring them to the boil in the water in which they have soaked. Start on a very low flame, adding neither salt nor baking soda (bicarbonate of soda). It is well to start cooking the peas with a little fat or lard, and better to start them with the addition of bacon rinds.

When the peas have cooked to a mash add $\frac{1}{2}$ lb. of carrots and parsnips, mixed, prepared according to Rule No. 1 for the cooking of vegetables and finely diced. Add salt and pepper to taste and, if you like, 1 dessertspoonful of mar-

joram. Cook gently for a few minutes, covered with a lid. Without lifting the lid again take the saucepan from the flame.

While you leave this to stand, prepare oatmeal dumplings according to the recipe under BASIC MIXTURES. Cook the dumplings in the pea pottage which, of course, you must bring to the boil once more before dropping the dumplings into it.

(29) **Hunter's Pottage** (3-4 persons)

Any small bird will do for this dish, a partridge or a wood pigeon.

Heat any kind of lard or dripping in a large saucepan, add bacon rinds. Fry the prepared and cleaned bird quickly on all sides in the fat. Add enough water to cover it halfway up. Cover the saucepan with a lid and begin to simmer gently.

Wash and chop any kind of green vegetable, enough to get 4 large cupfuls. Add a spring onion or leek. Prepare $\frac{1}{2}$ lb. of artichokes or carrots according to rule No. 1 for the cooking of vegetables. Slice them. Add all the vegetables to the simmering game. Add salt and pepper and curry to taste. Add $\frac{1}{2}$ gill (2 oz.) of lentils. Dissolve 1 teaspoonful mustard in a little milk and add also. (Do not hesitate to do this, the mustard will not taste noticeably.)

Simmer this slowly, folding it once in a while.

Chop the liver (which you have reminded the poultry-monger to send with the game). Fry it in a little dripping or fat. Cover it with a lid and simmer for a few minutes. Use the developed juice to make a gravy with the addition of very little water. Keep this hot.

Serve the pottage in deep plates. Carve the game carefully to serve everyone with a little joint of it. Pour the gravy with the chopped liver over the plates, at the last minute. Serve fresh floury potatoes with it, if you like to.

(30) Poultry Pottage

If you have scraps of poultry or rabbit left over that would not make a meal by themselves, help yourself this way:

Cover trimmed brussels sprouts (1½ lb. for 3-4 persons) with poultry stock.

You make this by covering the giblets or the carcass or both with water and either simmer it on a low flame or leave it overnight in the Cosy-Box (as described in section: Cosy-Box).

Add salt and pepper to taste. Simmer on lowest flame.

When the sprouts are almost done (after about 8 minutes), add 4 oz. of broken macaroni (or vermicelli or short cuts) to every pint of liquid your eye can detect in the saucepan. Bring once more to a quick boil. Cover with a well-fitting lid, let it boil for another half minute and remove from flame. Leave it, without lifting the lid again, for at least half an hour.

After that, heat it up again, stirring it carefully. Add the scraps you want to use for this dish and keep on low flame, just long enough to make sure that it is all hot.

(31) Pudding Pottage (4-5 persons, in emergency even more)

1-1½ lb. of cabbage or savoy or curly kale or spring greens, or whatever green vegetable you have. 1½ lb. potatoes, 1½ lb. root vegetables. Use as great a variety of mixed vegetables as you can. Needless to mention a bit of onion or spring onion.

Prepare the vegetables according to rule No. 1 for the cooking of vegetables. Chop or shred the greens, slice and chop the roots. Put all into a large saucepan. Just cover with boiling water and start simmering, covered with a lid.

Make a pudding pastry (take your choice from one of the recipes). Roll it out into a thick disc. Put a ball of force-

meat (which you can stretch with breadcrumbs or rolled oats) in the middle of the pastry disc, gather the pastry round it, close the edges at the top. Fold a clean cloth over it, tie the tops together. Put this into the vegetables which you have now seasoned with salt and pepper.

Cook until pastry is done. Move the pudding now and then to prevent its sticking to the bottom of the saucepan. Cook rather gently.

When the pudding is done, remove the cloth and place the pudding in a tureen or deep dish. Pour the vegetables and their stock over it.

The size of the pudding depends on how much pastry and meat you can afford and how many people you want to feed.

SWEET POTTAGES

for children of all ages

(32) Scout's Pottage (4-5 persons)

Bring 1½ pints of water to the boil, add a little margarine (1 teaspoonful will have to do sometimes). Add 5 level tablespoonfuls barley. Add salt to taste, not too much, use your judgment for this sweet dish.

Add any kind of cleaned and picked or sliced fruit (apples, berries, pears or raisins, or a mixture). Prunes are very good too. You should add approximately 2 cupfuls, or ½ cupful of prunes.

Cook for 15 minutes, covered with a lid. Remove the saucepan from the flame, resisting the temptation to lift the lid quickly. Leave for at least 1 hour.

If, after this, you find it necessary to cook the barley a little longer do so, but use a low flame.

Sweeten either with sugar or with tablets of saccharine, previously dissolved in a little hot water.

(33) Polish Pottage (4-5 persons)

5 level tablespoonfuls of barley, 1½ pints of water, a little lard or margarine, ½ pint of milk, 1 large or 2 small cooked beetroots, a little vinegar and sugar (or saccharine).

Bring the water with a little salt and the lard or margarine to the boil. Add the barley. Cover the saucepan with a lid. Cook gently for 10 minutes and leave, still covered with a lid, without fuel for at least an hour. After this time the barley is done. It takes less fuel and watching this way.

Add the milk shortly before you want to serve it and the peeled and diced cooked beetroot. Season with vinegar (about 1 dessertspoonful) and sugar to taste. You can use tablets of saccharine which you have to dissolve in a little hot water, before you add them. Taste once more for salt. Heat again quickly and serve at once.

To make your pottage meal a complete one and even more interesting than it is in itself, serve hot piroggi or sage turnovers with it. You will find the recipe for these in the section BASIC MIXTURES.

SOUPS

(34) Cream of Asparagus

Very easily made. All you have to do is to thicken the asparagus stock which you have made according to Recipe 69 and add a little milk or a dash of 'top of the bottle' to make it creamy. You can thicken the stock with either flour or cornflour. If you wish, add an egg yolk, stirred with a little milk. Or add white breadcrumbs or even small dumplings in which case it can serve as a substantial dish.

(35) Soldiers' Soup (4-5 persons)

Peel 1 small swede and cut into thin cubes.

Heat a little fat in a saucepan and add the swede cubes. Start frying the swede cubes and then cook on low flame covered with a lid. Cook for about 3 minutes.

Add $\frac{1}{2}$ lb. of lentils and 1 quart of water.

Simmer until the lentils are done; this should take about threequarters of an hour. Pass all through a sieve and rub well. Season with salt, pepper and a little curry powder. 1 tablespoonful chutney or chutneysauce added gives a smooth taste. If you wish to make it more interesting add 1 table-spoonful of finely chopped pickles.

(36) **American Oat Chowder**

Ingredients $\frac{1}{2}$ lb. potatoes, 1 gill (2 oz.) rolled oats, 2 spring onions or a little onion, 1 gill milk, 1 small handful of bacon rinds, 1 teaspoonful sugar, salt, pepper and 2 slices of toast.

Method:

Begin heating the bacon rinds in a large saucepan. When they sizzle, add the sugar and the finely chopped onion. Simmer until just lightly coloured.

Scrub the potatoes according to Rule No. 1 and dice them. Do not peel them. Add them to the bacon and onion. Cover all this with water and simmer, covered with a lid, until the potatoes are soft, but not mashed.

When the potatoes are done, add the rolled oats to the boiling soup and stir at once. Add the milk, salt and pepper to taste. Cook gently for a minute or two. Remove the bacon rinds.

Shortly before serving, break the toast into it, make sure that it soaks, but does not mash.

(37) **Spinach Julep** (Delicious)

A Savoury Jelly—very refreshing on hot days.

When you strain your cooked spinach, reserve the stock for this dish. Taste for salt, if necessary add more. Season with pepper. Add gelatine according to the directions given on the packet. Add threequarters of the gelatine suggested for your quantity of liquid if you have only a short while in which to leave it to set. If you have plenty of time, or if you

have a refrigerator, use only *half the quantity*. The jelly should be eaten as a firm substance, but not so solid that the spoon cuts through it.

Heap the jelly into individual dishes or cups and spot with a little milk, or, if you can manage it, with a little cream, i.e. top of the milk bottle. Sprinkle the milk (or cream) with cayenne pepper.

THIS OR THAT DISH

with very little fish

Do not let us disturb the faith of those who believe that their palates can distinguish one white fish from another. Let us be frank and admit that there is not much difference.

It is only the highly trained gourmet who could tell a haddock from cod, with his eyes closed. On the other hand, let us hope that any such gourmet sitting down at our table is so highly trained that he appreciates with grace the dishes we manage to serve even in war time.

(38) Fish Piquante

For this dish the filleted fish has to be washed and the skin removed. Insert knife at one end of the fish between the skin and the meat. Place the fish on a wooden board so that the skin is underneath. Now catch the loosened skin with your left hand and scrape the flesh carefully off the skin. Cutlets of fish should be washed with particular care in regard to the skins.

Arrange either the portions of filleted fish or cutlets in a well greased casserole or fireproof dish. Sprinkle with vinegar, salt and pepper. Fill the spaces between the fish with breadcrumbs on the bottom of the dish, about one-quarter of an inch thick. (This is to absorb the juice which the fish renders while being cooked.)

Pour any kind of thick white sauce over the fish. Make

sure that this sauce is well seasoned; remember fish has hardly any taste of its own. Use onions or bottled sauce to season, tomatoes or celery.

In emergencies you can make this sauce with any kind of suitable tinned soup: tomato, mulligatawny, asparagus or the like. Do not omit to find a fancy name for your dish. It is half the success in serving fish.

(39) **Fish Soufflé**

Pass filleted fish through the mincing machine. Make a white sauce which you should season and spice well. Add to every cupful of minced fish one dessertspoonful of bread-crumbs, blend the fish with the sauce. Season once more with salt and pepper, if you wish with chopped mixed pickles.

Fill into a greased fireproof dish and bake on the top shelf until done.

If you have to economize, line the dish with thick slices of brown bread and pour the fish mixture into it before baking.

(40) **Maccurry**

With this dish you can make one medium mackerel go quite a long way. After it has been filleted, remove any of the large bones that are left.

For this amount, or more, heat $\frac{1}{2}$ pint of liquid, consisting of half stock (can be made with vegetable extract) and half milk. Stir one tablespoonful of flour with gradually added cold water to a thick paste. Add some of the hot liquid to it, beating well; pour into the remaining hot liquid and cook gently, stirring all the time.

With some of this sauce blend enough curry powder to give the sauce a really strong flavour. Add it to the sauce. If you can, add a little chopped onion or spring onion or leek and a few drops of bottled sauce. Taste for salt and pepper.

Either add the mackerel, cut into portions, to the hot sauce and simmer gently until done (8-10 minutes); or arrange mackerel portions in a slightly greased fireproof dish and pour the curry sauce over them. Bake in a moderate oven for 20 minutes.

(41) Mackerel Chutney

Proceed in the same way as mentioned under Maccurry. Instead of adding curry to the sauce, add enough chutney to season it well.

(42) Grimsby Pie or Patties

Make a white sauce. Flake any amount of smoked filleted fish which you can afford. Add this to the white sauce. Add curry powder, salt and pepper to taste. Instead of smoked fish you can add flaked herring or any other kind of fish, but smoked fish gives this dish a piquante flavour. Cook this gently for a few minutes.

Line either a pie dish or patty tins with pie pastry. Fill with the fish mixture. Cover it with a layer of mashed potatoes, sprinkle with milk and chopped parsley and bake in the oven until the pastry is done. You can make a cover of pastry instead of one made with mashed potatoes.

(43) Stuffed Turnips or Celeriac

Prepare either turnips or celeriac according to Rule No. 1. Halve them and scoop them out, leaving a shell of about $\frac{1}{2}$ in. thick. Chop the scooped out bits finely. Put the vegetable into a saucepan, add boiling hot liquid (half milk, half water) to reach halfway up. Add salt and pepper. Cover the saucepan with a lid and cook gently until the vegetable is soft but not *too* soft. Then place the vegetable shells on a wooden board. Thicken the vegetable stock with flour which you have previously stirred with a little cold

milk. Leave the chopped bits in it. Taste once more for salt and pepper and a little grated mace.

Add any amount of flaked filleted fish, a small amount will do. Simmer, but do not boil, for four to five minutes.

Arrange the vegetable shells in a fireproof dish, and fill them with the fish mixture. Sprinkle either with chopped parsley, or with drops of bottled sauce or chutney.

Heat this once more under a low grill until it has a brown crust.

If you do not wish to use the grill, keep the vegetable shells hot, and serve them filled with fish mixture, and sprinkle as described above.

(44) Fish Stew

You can probably get fish bones from your fishmonger without any charge. Do not forget to bring your own wrapping paper.

Cover the fish bones with water, and simmer gently for 30 to 45 minutes. Strain them, keeping the stock.

Cook in this stock raw sliced potatoes, sliced carrots, turnips or parsnips, or celery, or either of these. If you have it, add onion or spring onion. Season with salt and pepper, and add to every $\frac{1}{2}$ pint of fish stock used, one level teaspoonful vinegar and a few drops of Worcester sauce. If you like add a little dissolved evaporated or grated fresh horseradish.

If necessary thicken the stew, after the vegetables are done, with breadcrumbs or semolina. If you wish add a small portion of any kind of flaked raw fish to the stew, and simmer for another five minutes.

Serve sprinkled with small cubes of toast.

(45) Fish Pottage

This is made very much in the same way as fish stew.

Use less vegetables than you did for the stew, and preferably no potatoes at all.

When the vegetables are done, steam in the pottage any kind of dumplings.

(46) **Sprats (Herrings or Mackerel)**

Sprats, herrings or mackerel, can all be used equally well for the following recipes. . . . Healthy food, and how neglected and despised !

You need not spend your money on cod liver oil preparations or vitamin pills as long as you can use plenty of these fish.

You probably will not want to eat fried or grilled fish more than once or twice a week. The following recipes provide you with dishes all very different in taste from one another. Do not hesitate to use the spices suggested; their flavour is hardly noticeable, and serves only to flavour the fish.

Prepare **sprats** in the following way.

Wash the sprats and if you wish remove heads and tails.

To half a pound of sprats add one gill of milk, a pinch of thyme, a pinch of bay leaf (about the size of a finger nail) a pinch of mixed herbs, two tablespoonfuls of vinegar, salt and pepper. Simmer on the lowest flame until done, about four minutes.

Pound the sprats in their stock. If you like, remove the bones before pounding; this can be easily done after the fish is cooked.

Add one tablespoonful of cornflour (or ordinary flour) to the pounded fish, when it is cooled. Make sure that you blend it well. Bring once more to the boil, and cook gently for a few minutes.

Use this paste for preparing the following dishes :

(47) Sprat Rarebit

Add finely chopped celery (amount optional) to the sprat paste. Heap this on to toast, and sprinkle it with dripping, (preferably bacon dripping), or with a little chopped bacon. Grill under a medium flame until hot and brown (about 8 to 10 mins.).

(48) Sprat Turnovers

Make an ordinary pie pastry, roll it out, and cut into squares.

Mix the fish paste with finely chopped mustard pickles, two-thirds of sprat paste to one-third of pickles. Add a little of the pickle sauce. Heap a little of this mixture on to the centre of each pastry square, turn over, corner to corner, and seal the edges with a fork. Pierce a hole through the top. Bake quickly on the top shelf of the oven.

(49) Savoury Patties

Mix the fish paste with 4 oz. of grated turnip and 1 dessertspoonful of curry (or more). Taste for salt and pepper. Be careful with the use of salt.

Line patty tins with pie pastry and fill them with the sprat mixture. Spot each with a bit of dripping or lard. Bake until done.

(50) Swedish Fish Dumplings (Six to eight small dumplings)

Ingredients.—2 oz. sprats, 2 oz. flour, 1 oz. fine oatmeal, $\frac{1}{2}$ level teaspoonful salt, $\frac{1}{2}$ teaspoonful egg powder. Little milk ($\frac{1}{2}$ gill). Chopped parsley, flour to turn the dumplings in, little grated carrot.

Remove the heads from the sprats and throw them away. Wash the sprats in cold water and chop them up by grasping a handful and cutting them with a sharp knife, first one way and then the other.

Mix the flour with the salt and the egg powder. Beat the milk into it. Add the chopped sprats and the oatmeal. (If you cannot get oatmeal use bread crumbs. Make sure they are bone dry.)

Shape this into small balls (about the size of a large marble) and turn in flour. Leave for a short while.

Put the dumplings into boiling water, just covering them. Simmer on a low flame for 20-30 minutes. After this time remove the dumplings from their stock.

Thicken the stock with flour, previously stirred with a little cold water. Add the chopped parsley and, if you like, the grated carrots. The carrots make it look very appetizing and give a crunchy taste. Taste for salt and pepper.

Either serve the dumplings heated up once more in the white sauce, or put the dumplings into a greased fireproof dish, pour the white sauce over them and brown quickly under the grill. You need not use any fat for the white sauce, all these fish contain enough.

VEGETABLES

Strange, that a people as fond of flowers as we are have so long remained oblivious of the beauty and value of vegetables. Without the present shortage of other foodstuffs, we might have never paid the attention to edible plants which is due to them.

Greens, for instance, used to be something which we spooned onto our plate with the meat to make it look like a traditionally correct meal. And a sloppy 'something' it was, too; devoid of fragrance, flavour and individuality, but full of water. We used to boil the pick of our earth in plenty of water, for a long, long time, giving our families cabbage and carrots that were not worth much more than boiled blotting-paper. We presented them with brussels sprouts, cabbage or spring greens, one indistinguishable from the other. As bad as introducing by mistake one's fiancé under

the name of a late boy-friend. Not fair to either of them.

You have heard the story of the old farmer—or his wife—who was known to someone's grandmother. These septagenarians, you are reminded with slight but poignant emphasis, were naturally ignorant of the existence of 'vitamins and such stuff,' but they were still fit and in full possession of their eyesight, their hearing or their teeth.

These were the survivors.

No one ever referred to the fact that the death-rate was considerably higher in those days, that the 'death age' was much lower. No one mentioned the great number of children who never grew up.

You are repeatedly told that our ancestors, knowing nothing about 'vitamins and this new-fangled stuff,' got along quite as well as we do. But that is just not so! As surely as it was less convenient to use a smelly, inefficient oil lamp than it is to switch the electric light on and off.

The first thing we come across when preparing food according to new methods is a delightful surprise: we find that vegetables cooked in the new manner taste better and look much lovelier than the dishes we have known. We discover that each of them has a charm, a character of its own. Their colours excel those of the advertisements in American magazines.

It is rather like exploring an old chest of drawers in the attic and finding unexpected things, this becoming aware of the peculiar shapes and flavours and colours of the humble leaves and roots which grow around us, modestly and generously.

Thus, having developed a more or less voluntary regard for our home grown vegetables, let us handle them with tenderness, with care, with art, preserving their value to the full. Let us be careful to take heed not to destroy their creative and curative values.

We take pride in our English crops—Cornish spring

greens, Worthing tomatoes and Kentish apples. Let us try to make future generations show a festive gesture when vegetables are done 'in the English manner.'

The following recipes are meant for war-time cookery. They must remind us of the many things which are not mentioned because they are beyond reach. Our ships carry munitions. Many of our little wishes disappear in some sort of a black-out. Let us always have vegetable dishes to remind us of gardens and fields and fresh air.

THE CLEANING AND PREPARING OF VEGETABLES

RULE No. 1

POTATOES

Soak potatoes in ample cold water for at least half an hour. Scrub them with a metal saucepan cleaner. You can then use them as they are without further peeling; after this treatment they are not potatoes in their 'jackets,' but in dainty light-coloured 'chiffon nightgowns.'

ROOT VEGETABLES

These should be cleaned in the same way as potatoes. They will need no further scraping and only very little trimming. This includes artichokes which emerge perfectly clean from underneath the metal cleaner in an incredibly short time. Do not look too closely at the peel remaining in the corners; it is clean and does no harm. No waste with this method of cleaning root vegetables.

CABBAGE AND SAVOY

OUTER LEAVES. Remove the outer leaves and the thick stalks of the cabbage or savoy. Soak the outer leaves in

plenty of cold water for at least half an hour, then scrub them with a hard brush. They will now look like dark green crepe and what seemed bad at first turns out to have been only dirty. Cut off only the really rotten parts. Chop the outer leaves as a lazy housewife would chop parsley, just roughly.

STALKS.—Grasp the stalks in your hand and slice them wafer thin, as you would carrots.

Always begin to cook the sliced stalks and the chopped outer leaves before you add the rest.

Chop the heart coarsely.

SPRING GREENS

Cut off only the very end bits of the spring green. Should the outer leaves seem too tough, clean, rinse and chop them as you would cabbage; but, if possible, try to leave them where they are. Rinse the whole plant well and cook or steam in tight bundles, folded neatly together, the outer leaves serving as a wrap. Serve them like this and you will *see* that you are eating a dainty vegetable which grew into a pointed head.

CURLY KALE

You will have no waste if you prepare curly kale this way: First, rinse the kale well in plenty of water. Then strip off the curly leaves and put them aside. Gather the stalks in your hand and slice finely. Begin cooking these sliced stalks, covered with a lid. Chop the curly leaves roughly and add them to the stalks.

Only if you want to make some soup save the outer leaves and stalks; otherwise your good intention to reduce waste will provide you with material for more soups than you can use.

Reduce waste at the beginning, to save the trouble of disposing of it later.

Always cook sliced stalks and chopped outer leaves a little longer than the rest.

CAULIFLOWER

Steep the cauliflower in ample cold salt water for at least half an hour. If you are suspicious of animal life in it, pick into flowerettes before steeping. Cut off the outer green leaves and, after you have washed them well, slice them as you would carrots. First put the chopped outer leaves and stalks into boiling salt water; after a few minutes add the cauliflower. Cook with the head down, add a few drops of vinegar. Cook 15-20 minutes.

SPINACH

Trim off only the very bottom of the stalks. You will find the stalks sweet and juicy. Make sure that the leaves you throw away are only the really rotten ones. Perhaps some of them are merely tired and thirsty and can be refreshed quickly in cold water. Remove the blossoms you find in spinach during the summer months, they make the dish taste bitter. Soak dirty spinach in plenty of cold water. Always rinse quickly a few times in fresh water. Do not press.

ASPARAGUS

We usually consider asparagus a very expensive vegetable. The main reason for this is that we eat only the tender tops and leave the stalks with their tough skins on our plates to be thrown away. This is not only uneconomical but quite unnecessary.

If we take the trouble to peel, very thinly, the thick stalks, we can eat it all and use the peel to make asparagus soup. This is surely worth while.

This peeling is rather a tricky operation, but can be

carried out quite easily if you follow these instructions: First of all wash well. Then take a knife and with it lift from the bottom a very thin peeling. Do not cut any further up the asparagus, but hold the peeling you have lifted against the knife blade with your thumb and, moving your hand towards the top, you will manage to peel the asparagus so thinly that you will not waste any of the vegetable. Be careful that you do not tear the head; finish your peeling before reaching it. Collect these peelings for soups (Recipe 34) or sauces.

Prepare very thin asparagus like this: Wash well. Grasp a bundle firmly and cut off the length of stalk which you judge would not be eaten anyway. Use these to make soup or sauce. For using such a sauce, see Recipe No. 25.

SEAKALE

Peel the lower stalks, but do not cut them off. They should hold the plant together during the cooking.

RHUBARB

The gay pink peel of rhubarb is the best part of it. It has vitamins and helps to colour your dish. Do not cut it off, do not strip it off. Remove the leaves of the rhubarb and the extreme ends. Wash it thoroughly and then chop it with a sharp knife.

APPLES

Possibly avoid dishes for which the apples have to be peeled. If it is necessary for the success of a certain dish, wash the apples well before you peel them and keep the peel. Cover the peel instantly with water and cook gently until it seems soft. Rub it through a sieve into the juice. You will find that you have gained a fragrant fruit juice which you can use as a drink, instead of lemonade, or as a basis to make

fruit custards or jellies. For any dish with stewed apples, just wash them well, chop them roughly, core, peel and all. Add water and cook gently until mashed. Rub through a sieve when cooled.

RULE No. 2

SAVE FUEL AND SAVE WATER WHEN YOU COOK YOUR VEGETABLES

Much water, uncovered boiling as well as long boiling destroys the 'goodness' for which you have paid in cash, or in labour while gardening. Remember, long cooking and much water steals the nourishment you want to give your family.

RULE No. 3

Try to prepare your vegetables as far as possible in the way described under Section 8. It is easier to deal with a little strong vegetable juice than with a lot of stock you feel obliged to use for soups.

RULE No. 4

DO NOT SERVE YOUR VEGETABLES TOO SOFT

It is sloppiness rather than prejudice which makes people, men particularly, refuse to eat green stuff or appreciate it as a main dish.

RULE No. 5

DON'T STIR COOKING VEGETABLES MORE THAN ABSOLUTELY NECESSARY

Rule No. 6

DON'T PASS VEGETABLES OR FRUIT THROUGH A SIEVE WHILE STILL HOT

POTATOES .

Every housewife should bless the name of Sir Walter Raleigh who three hundred and fifty years ago brought to this country one of the world's finest foods—the potato.

The potato has practically all the virtues a food should have. It is nourishing, plentiful and cheap; it keeps a long time and it can be served in an infinite number of ways.

Some of you, I know, have looked on the potato as something to serve boiled, roasted or mashed with a meat dish. That is a mistake. Potatoes can themselves provide a real meal.

Here are a few ideas showing what you can do with potatoes as a main dish. Some of these dishes will—by virtue of their appearance—make you forget the absence of a meat dish.

Always clean and scrub potatoes as advised under Rule No. 1 for the cleaning of vegetables, unless a different method is mentioned.

(51) Baked Potatoes

WITHOUT LIGHTING THE OVEN

Cook the potatoes in their jackets until done, *but not too soft*. Do not cut them, but choose even-sized ones.

Drain the water off the potatoes and put them under the grill. Bake them rather slowly, turning them again and again. Do not put them too near the flame.

Remember the baked and basted potatoes which used to surround our joint? We can't have the joint, but we can have the potatoes without lighting the oven.

Again, cook even-sized, rather small potatoes in their jackets until almost, but not quite, done. Drain the water off the potatoes and put them in a fireproof dish in which you have enough gravy to cover the potatoes about half way up.

Place this dish under a low flame and grill slowly, basting them regularly and turning them once or twice.

(52) Stuffed Potatoes

AGAIN WITHOUT LIGHTING THE OVEN

Cook the potatoes in their jackets until half done. Drain the water off. Cut the potatoes lengthwise into halves. Scoop the centre out, leaving a shell of about $\frac{1}{2}$ in. thickness.

Mix the scooped-out potato with any of the following:
(a) A little flaked filleted fish and chopped parsley. (b) Sausage meat. (c) Finely chopped corned beef. (d) Finely chopped mixed mustard pickles and a little of their sauce. (e) Finely chopped leek or onion or spring onion and a good amount of curry powder. (f) Any amount of finely chopped or grated raw root vegetables, preferably mixed. (g) A mixture of finely chopped watercress, mustard and cress, and parsley. (h) Finely chopped raw celery and chutney.

Taste for salt and pepper and, if you like, any kind of herb or mixed herbs.

Put this mixture back into the scooped out potato shells.

Place these potatoes in a fireproof dish which you have either well greased with dripping or filled up with gravy or milk (about $\frac{1}{2}$ in. high). Use either gravy or milk, boiling hot. Bake under a low grill until done, basting it regularly.

You can dot the stuffed potatoes with a little dripping or chopped bacon or bacon rind. Then you will not baste them but let them brown.

NOTE.—All these dishes can be baked in the oven as well.

(53) (A) Potato Cutlets

For any of the following dishes the potatoes have to be cooked in their jackets and mashed while still warm, without being peeled. The peel will not be noticed.

Basic Mixture.—Potato mash from 1 lb. of potatoes (this should be about 4 teacupfuls). Mix this with 4 heaped tablespoonfuls of flour, and either 2 heaped teaspoonfuls of egg powder or 1 egg and 1 heaped teaspoonful of baking powder; salt, pepper and grated nutmeg to taste. You have to blend this really well. The best way is to use your hands as a mixing tool, finally kneading it like dough. Add any of the following ingredients to this potato mixture : (a) Finely flaked kipper snacks or a little smoked filleted fish, also flaked. (b) Chopped luncheon sausage or picnic roll and a little chopped parsley. (c) Finely chopped odd bits of bacon, or chopped or minced bacon rinds. (d) Scraps of meat, preferably pork or beef; anything that has a strong flavour.

Once more mix well. Shape a loaf, and roll it in flour or breadcrumbs. Leave to stand for at least 1-2 hours.

Cut thick slices and dust them with flour or breadcrumbs or fine oatmeal.

Either fry these cutlets in a little fat, preferably mixed with bacon, or grill them on both sides, sprinkling the side which is uppermost with either a little dripping or bacon.

(B) You can bake these cutlets, making **Potato Cakes**. Place them in a greased tin, do not dust them with flour, but brush with a little milk.

You can use the basic potato mixture without adding any of the ingredients mentioned under (a) to (d). Shape a loaf and continue as suggested.

(54) **Dumplings or Cubes**

These come in handy if you have a stew or a pottage, or a soup that does not seem to be much in itself but has to serve as the main meal.

Begin the preparations in the same way as mentioned above. Shape a smaller loaf than you would use for the cutlets. Cut twice lengthwise, horizontally and vertically.

Then cut it into thick slices and separate the cubes. Use them as they are, or roll them into small balls. Dust them with flour, carefully moving the cubes or dumplings to cover them all over.

Drop into boiling liquid and cook gently without a lid until they rise. Cook for a few minutes more.

Cook them in slightly salted, boiling water and remove them with a slice to serve them as they are; or cook them in stew or pottage or a soup.

(55) Fruit Dumplings

You can serve these dumplings (Recipe No. 54), piping hot, with cold stewed fruit, either fresh or tinned. They are particularly tasty with figs or prunes which have been soaked overnight in warm water. Flavour the water with a little lemon or orange flavouring and make sure that the dried fruit is well covered.

Or you can mix sultanas or chopped dates with the potato mixture before you cook the dumplings, and sprinkle them with cinnamon or sugar when you serve them. In any case, a little brown margarine sprinkled over these fruit dumplings gives a certain coziness to the dish.

(56) Mock Chops

Clean the potatoes according to Rule 1. Pass them through the mincing machine, making sure that you catch all the juice that runs out when you mince them; you will need this for binding. The potatoes discolour in the process, but never mind that; it will not be noticeable.

To every 2 lbs. raw potatoes, add 2 heaped tablespoonfuls of flour and 2 heaped teaspoonfuls of egg powder. You can use 1 egg and 1 teaspoonful of baking-powder instead, but it will not be an improvement. Add salt to taste, about 1 teaspoonful. Mix well.

Heat a little fat in a frying pan. To test whether it is really hot either drop into it a few breadcrumbs or put into it the handle of a wooden spoon; if little bubbles sizzle up at once, the fat is really hot.

Spoon into this fat some of the potato mixture, about a heaped dessertspoonful. Flatten the lumps out at once, making them as flat as you can (a little over $\frac{1}{4}$ in.). Shake the pan. When the surface of these fritters becomes dry, turn over and fry quickly on the other side.

(Beware of letting people come into the kitchen while you fry; they will pinch the fritters fresh from the pan and prevent you from serving a full dish.)

They taste best when served straight away; but you can fry them at any time and heat them on both sides under the grill. You can also leave the potato batter as long as you wish and stir it well before you begin to fry.

If you like, mix the potato batter with any finely chopped meat or offal, or with a little chopped bacon or minced bacon rinds. You can also mix them with finely chopped onion or chives or celery, or all of them.

(57) Mock Whitebait

(OR WHATEVER MOCKING NAME YOU LIKE TO CALL IT)

These fritters are made in exactly the same way as those in the preceding recipe. For this dish, however, you have to grate the potatoes over the largest holes of the grater, making thin strips.

You can mix this with either of the ingredients suggested in the previous recipe, or you can use a little flaked filleted fish or mashed tinned fish or chopped sprats or a little roe.

Otherwise proceed in exactly the same manner as mentioned above.

Both these dishes, mock chops and mock whitebait, can be eaten cold. You can even put them between slices of

bread, preferably with the addition of a few leaves of lettuce or a few strips of raw cabbage or savoy. This is a delicious sandwich for a 'carry' lunch.

(58) Potato Pies

Prepare the potatoes as under Rule 1. Slice them over the slot of a grater.

Make sure that you have a grater with at least one straight knived slot—no fancy pattern. You can never cut potatoes as thinly and quickly by hand, as you can with the help of this slot; some graters have three slots, one above the other, which speeds up your work even more.

Add enough of any of the following mixtures to mix and cover the sliced potatoes well:

(a) Milk, or half milk half water, well seasoned with prepared mustard, a little vinegar and pepper and if you wish, a few drops of bottled sauce. (It does not matter if the milk curdles, the fine flour contained in the potatoes reconciles the milk in the cooking.) (b) Any kind of vegetable stock well flavoured either with marmite or with finely chopped pickles and pickle sauce. (c) Milk, or half milk half water, well flavoured with horse-radish (fresh or evaporated). If possible, add a finely chopped apple. (d) A little bit of kidney, very finely sliced, fried in a little dripping and stewed for a few minutes, covered with a lid. Fill the kidney gravy up with other gravy or stock to get the necessary amount. (e) Milk, or half milk half water, or gravy, mixed with any amount of finely chopped, cooked or tinned vegetable. (f) **ORTHODOX SOUTHERN FRANCE MIXTURE:** Whole eggs, well beaten with a sufficient amount of milk. Season with chopped chives and grated nutmeg.

Add enough salt, but remember that you will not drain the potatoes, therefore add only as much salt as you would judge for the cooked matter.

After having folded the potato slices with the spiced liquid, you can cook them in three different ways: Fill them into a double saucepan and steam them until done or just put them into an ordinary saucepan and cook them over a very low flame. In the latter case it is safer to start off by melting a little fat in the saucepan. Also you have to fold the potatoes very carefully, once in a while, to prevent burning and avoid breaking the slices too much. Or bake in a fireproof dish in the oven, top shelf, for about $\frac{1}{2}$ hour. If you have cooked the potatoes on the top of the stove, fill them piping hot into a fireproof dish and give them a brown crust under the grill.

In emergencies you can serve this potato pie by filling it piping hot into the dish and sprinkling either with a little hot fat or brown margarine or even with only chopped parsley or watercress.

Potatoes cooked in this way are done much more quickly than any other kind of cooked potatoes because they are sliced almost paper thin; done in a saucepan they should not take more than 10 minutes.

(59) Spotted Mash

(a good way of serving raw vegetables unobtrusively)

Prepare potatoes as under Rule No. 1. Cook them and mash them with their peel.

Chop finely or grate any kind, any mixture of raw vegetables.

Mix the raw vegetables with the potato mash; season with salt and pepper and, if you like, curry powder or chutney or grated nutmeg. Add a little boiling milk, beating it well to make it smooth.

To serve; fill the piping hot spotted mash into a heated cup and turn this over on to a hot dish or separate plates. Go along until you have used all the mash. If you like you can sprinkle the little puddings with crumbs.

(60) Potato Savoury (4-5 persons)

Prepare 2 lbs. of potatoes as described under Rule No. 1. Grate them over the large holes of the grater. Add salt to taste, perhaps about 1 teaspoonful of table salt.

Bring 1 pint of water to the boil, add render-bits or, preferably, a little bacon fat. Add the grated potatoes and stir quickly over a high flame for 2-3 minutes. Cover the saucepan with a tightly fitting lid, and leave for $\frac{1}{2}$ hour without further fuel.

To serve, heat once more quickly. Serve either with hot gravy or, as an extra with cooked vegetables, or meat and vegetable puddings.

(61) Potato Pancake

Make a pancake batter as described under BASIC MIXTURES.

Fry a few slices of cooked potatoes until they are thoroughly hot. Pour the pancake batter over this and shake the pan at the beginning. If you are making small pancakes, turn them as soon as the surface is dry. If you have a large pancake, cut it into portions and turn them over.

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Green vegetables cooked in this way have to be used not longer than 15-20 minutes after you began cooking them; otherwise they lose their colour and flavour. If you find it necessary to re-heat them before serving, do so as quickly as you can.

(62) Cabbage or Savoy

Prepare the cabbage or savoy according to Rule No. 1.

Cover the bottom of the saucepan with water, it should not be deeper than about half way up your third finger.

Add salt to the water, but not as much as you used to. Add the finely sliced stalks, then the chopped outer leaves. Cover with the lid and simmer gently for 3-4 minutes.

Add the chopped cabbage heart and fold it quickly. Cover the saucepan with the lid and cook for *two minutes*. Do not lift the lid again ; remove from the flame and leave for 10-12 minutes.

You can make this more interesting by flavouring it, e.g., add carraway seeds to the water, about 1 dessertspoonful to every breakfastcupful of chopped cabbage. Or use milk instead of water adding a little margarine or lard, and season with a little nutmeg or mace or both.

If you do not wish to reserve the juice, you can thicken it and serve it with the cabbage, well blended. You may thicken it with a little cornflour, or flour, previously stirred with a little cold water ; or with breadcrumbs.

(63) Brussels Sprouts Moderne

Clean and trim the sprouts, cut into the lower stalks about half way four to six times.

For every pound of sprouts, heat one gill of water. Add less salt than usual. When the water boils add the sprouts. Toss them 2 or 3 times. Cover with a lid, boil fast for *two minutes*. Do not lift the lid again. Leave for 10-12 minutes without fuel.

If you wish, fry breadcrumbs in a little dripping and sprinkle them over, before serving.

(64) Spring Greens Moderne

Cut the large leaves off the spring greens as well as the lowest stalks. Use the outer leaves for another dish or for soup. Clean the spring green hearts well.

If you wish to use all of it for one dish make sure your outer leaves are well rinsed, and chop them roughly like parsley. For every pound of spring greens heat one gill of water with a little salt. When it boils, add first the chopped leaves (if you want to use them), bring once more to the boil, add the spring green hearts and cover with a lid. Boil fast

for *two minutes*. *Do not lift the lid again*. Leave for 15 minutes. Now move the bottom greens to the top and the upper ones to the bottom. Bring once more to the boil. Cover with a lid and leave for further 10 minutes.

(65) **Curly Kale Savoury**

Rinse two pounds of curly kale well in cold water. Strip the curly leaves off the stalks. Keep the stalks and the curly leaves separate. Grasp the stalks firmly in the left hand and slice them finely with a sharp knife. Chop the curly leaves roughly. Bring one gill of water to the boil with two level dessertspoonfuls of table salt. Add the sliced stalks, cover with a lid and simmer for 10 minutes.

Now add the chopped leaves. Toss the vegetable in the saucepan helping with a wooden spoon, heating it over a high flame until it just begins to shrink a little. Cover with a lid, boil fast for *two minutes*, *do not lift the lid again*, remove from the flame and leave for 12 minutes without fuel.

You improve this dish considerably if you add bacon rinds to it. Add the bacon rinds to the water when you start heating it. Try to pick them out and remove them, before you serve the dish.

(66) **Celery and Leek**

Preserve their flavour best when they are prepared in a very short cooking time.

Cover the bottom of your saucepan with milk, add the washed celery or leek which you have cut into pieces about 2 inches long.

Cover with a lid, cook for *two minutes*, *do not lift the lid again*, remove from the flame and leave for $\frac{1}{2}$ hour.

Thicken the stock from the leeks with breadcrumbs. This is a quick and tasty way of serving the vegetable with

its juice. If you can, add a little grated cheese to the celery and heat it once more.

You can serve celery in the American way by adding chutney to a little gravy and coating the vegetable with this before serving. Make sure that this chutney-gravy is fairly thick and piping hot.

(67) **Artichokes and Turnips**

I have not found a way of cleaning turnips other than by peeling them, so for this you have to continue in the old-fashioned way unless you are sure your turnips are very young and really fresh, for instance from your own garden and of your own choice. In that case you can clean them as under Rule 1.

Soak the artichokes in cold water for at least half an hour. Scrub them with a metal saucepan cleaner. Do not be fussy about the little bits of peel left in the corners as long as you are certain that the root is really clean. The peel of the plants we eat is mostly the best part.

Slice either artichokes or turnips into rounds about $\frac{1}{2}$ in. thick, not more. If you wish, cut the large slices once more across.

Put the rounds into a saucepan and three-quarters cover them either with milk or a mixture of milk and water, boiling hot. You can use water only, but both these vegetables taste very 'cosy' if you cook them in milk. If possible add a little margarine or lard. Bring this to the boil and cover it with a lid. Simmer gently for *one minute*. *Do not lift the lid again*. Remove from the flame. Leave for 15-20 mins. After this time thicken the stock with a little flour or corn-flour which you have carefully and gradually stirred with cold milk or water to a creamy paste.

The addition of chopped parsley or watercress, just before serving the dish, makes all the difference. It tastes better and looks more appetizing.

(68) Parsnips and Carrots

Soak these root vegetables in cold water for at least $\frac{1}{2}$ hour and scrub them with a metal saucepan cleaner. Slice them into wafer thin rounds. To every pound of either of these vegetables, bring one gill of water to the boil with only a little salt. Add either parsnips or carrots, cover with a lid. Cook for *one minute*. *Do not lift the lid again*. Bring to the fast boil and remove at once from the flame. Leave for 15 mins.

To make the carrots look like those you see in the pictures of advertisements, all glazed, thicken their juice with a little cornflour. Dissolve the cornflour in a little cold water as usual. A little chopped parsley gives an attractive contrast of colours.

The parsnips are definitely inclined to look anaemic; there is no way out of that, so why not make them look tanned? Add a little curry powder and brown breadcrumbs to thicken the juice.

(69) Seakale and Asparagus

Do you know that SEAKALE and ASPARAGUS have a certain affinity? Peel the bottom stalks of the SEAKALE thickly, but leave enough to hold the leaves together in the little bundles in which they grew. Cook the seakale gently, just covered with boiling salt water. Watch out; this is very quickly done and it should by no means be soft and flabby. You can use it in the same way as asparagus.

Treat your ASPARAGUS with great care and regard. It is worth it. If you have fairly thick asparagus, peel it as thinly as you can manage or can teach others to do it. Peel it starting at the bottom and slip off before you reach the tops.

Save the peel.

The asparagus should be dropped into boiling salt water, reaching three-quarter way up. Make sure that you have

got them all lying in the same direction. Cover them with a lid and cook on a low flame for 20-25 minutes.

When you have removed the asparagus from the stock in which it cooked, add to this stock the PEEL you have reserved, cover with a lid and cook gently for half an hour. This provides you with a perfect basis for asparagus soup Recipe No. 34 or sauce.

(70) Spinach

Trim off only the roots and (if necessary) the little blossoms of the spinach and remove only decidedly rotten leaves. Do not throw the stems away. Soak the spinach in cold water for a few minutes and rinse it well using fresh water at least several times.

Just cover the bottom of a large saucepan with salted water. When it boils, add the spinach. At the beginning, you will have to turn the spinach on one side, pressing down the leaves with your hand and on the other side lifting the leaves with a wooden spoon so that all the leaves make the acquaintance of the boiling water within the shortest possible time. Once they have begun to shrink, cover the saucepan with a lid and boil fast for *one minute*. Do not lift the lid again. Remove from the flame and leave for 10-15 minutes.

(71) Creamed Spinach (without cream)

For approximately 2 lbs. of spinach make the following white sauce. Heat $\frac{1}{2}$ pint of milk with a little margarine and thicken it with 1 tablespoonful flour. If you have to economize with milk, use half milk and half of the spinach juice.

Cook the spinach as described under Recipe No. 70. Strain it (keeping the juice for another purpose). Mince it through a mincing machine. Should you be very ambitious about this dish, pass it once more through a sieve after having minced it. Remember Rule No. 6.

Blend the minced spinach with the white sauce and taste for salt and a little grated nutmeg, if you wish.

SUBSTANTIAL DISHES

(72) The Cabbage of My House

When you serve this cabbage dish you surprise your family by presenting them with a perfectly shaped cabbage, fragrant and steaming hot.

No matter which way you want to prepare this dish, the cabbage (or savoy) is always handled in the same way.

Cut off the outer leaves of the cabbage (or savoy), soak them in plenty of cold water, remove the thick stalks including those from the outer leaves. Put the stalks on a wooden board, grasp them firmly in your hand and slice them finely. Brush the well soaked outer leaves with a hard brush.

Cover the bottom of a large saucepan with salt water to a depth of about half way up your third finger. When it boils, add the sliced stalks and outer leaves. Cover with a lid and boil for a minute; if necessary turn the leaves over to get those which were on top into the bottom. Cover again with a lid and cook for another minute.

Remove the leaves and place them separately on a large wooden board or table to cool.

Chop the cabbage heart, add it to the same water, and cover with a lid. Boil this for *one minute* without opening the lid, remove from the flame and leave for 10 minutes, covered with the lid.

Now strain the chopped leaves and stalks through a colander or sieve, catching and reserving the precious stock.

Mix these chopped leaves and stalks with either of the following: (a) Cooked rice. Flavour with curry, salt and pepper. (b) A mixture of thick lentil purée and grated raw carrots half and half. Season with salt and pepper and, if possible, a little onion or spring onion. (c) A mixture of cooked minced bacon rinds (according to the recipe given under 'Practical Hints') and raw rolled oats—2 heaped dessertspoons of minced bacon rinds to 3 heaped dessert-

spoons of rolled oats. Season with salt and pepper and a little marmite or meat extract. (d) Left-over vegetables and potatoes, finely chopped and thickened with bread-crumbs. Season with salt and pepper. (e) Any of these stuffings can be mixed with a little minced meat, raw or cooked, or finely chopped luncheon sausage or picnic roll, or with very finely sliced polonies, saveloys, or with chopped corned beef.

Try to invent your own stuffing to make the name 'of my house' come true.

Having mixed the chopped cabbage and the stalks well with one of the stuffings, you begin to prepare for the final stage. Slightly grease a pudding basin which is large enough to hold the whole lot when it is tightly pressed down. Or, have a clean large muslin ready spread out. Arrange all the parboiled leaves either in the pudding basin or in the cloth as Nature had arranged them originally. Into this fill the stuffing mixture, cover with another two or three leaves. If you use a pudding basin, cover with a few bacon rinds and tie a cloth over it. If you use a muslin, grasp the ends together and tie them firmly. The basin should be steamed in boiling water reaching three-quarters of the way up for about an hour and a half, according to its size. The muslin bag with the cabbage in it is steamed in the stock which you have previously reserved; you need less heat doing it this way, and you should be careful not to boil it too fast or it will stick to the bottom. This should be steamed for about $1\frac{1}{2}$ to 2 hours, according to its size.

Use the stock as a gravy to serve with the cabbage in a sauceboat. Thicken and flavour it as you wish.

(73) Savoury Parcels

One of those dishes that make you completely forget the lack of meat.

Prepare the cabbage (or savoy) and one of the stuffings in

exactly the same way as you would do for 'the cabbage of my house.'

Heap some of the stuffing mixture into the centre of each parboiled leaf. Roll tightly, making neat little parcels.

Heat a little dripping in a baking tin; if you can, add bacon rinds to it. Place the parcels in the baking tin, pressing them tightly together. Pour enough milk over them to reach about three-quarters of the way up. Sprinkle with a little chopped bacon or bacon rind if you can spare it, or spot with little lumps of dripping or lard.

Bake on the middle shelf of a moderate oven for about $\frac{1}{2}$ hour, then move it up to the top shelf and finish in a quick oven for another $\frac{1}{2}$ hour, basting it once in a while.

Before serving, thicken the gravy with cornflour (or flour), season with salt and pepper; if you wish add a little gravy browning.

Instead of baking the 'Savoury Parcels' you can cook them in the same way in a casserole or a saucepan with a well fitting lid and simmer on lowest flame until done.

(74) Curried Cabbage

For this you need either a double saucepan or a pudding basin. Grease either of these slightly. Fill into the bottom a layer of chopped cabbage, sprinkle this with salt and pepper, curry powder, caraway seeds (optional) and a little chopped leek or onion or spring onion. Spot with dripping or lard or, better, bacon rind. Place on this a layer of raw, finely sliced potatoes. Pour just enough stock over it to moisten it. (You can make the stock with water and marmite or meat extract.)

On top of this arrange another layer of cabbage. Continue until you have used all the sliced potatoes and chopped cabbage you want.

The top should be covered again with curry powder,

bacon rind, etc. Cover the saucepan or basin tightly and steam until done. This should not take longer than between an hour and an hour and a half, according to size.

(75) Footballer's Fare (Curly Kale)

Prepare and begin cooking the curly kale as described in Rule No. 1 and according to Recipe No. 65. Instead of removing the curly kale from the flame after it has cooked two minutes, add grated raw potatoes to it. Try to measure with your eye how many cupfuls of curly kale you now have in the saucepan and add about one third that amount of grated potatoes.

At the same time add polonies or saveloys. If you have only a few, cut them into slices before adding them. Cover the saucepan with a lid and simmer gently for 10 minutes.

If polonies or saveloys are unobtainable use odd bits of bacon; even a good portion of render-bits will do.

(76) Dutch Dish (Red Cabbage)

Remove only the very outer leaves of the red cabbage. If possible, do not remove any leaves; just cut off the bad parts and wash the leaves well. Remove the thick stalks and slice them finely. Shred the cabbage or chop it very finely.

For 1½–2 lbs. of red cabbage, heat one tablespoonful of lard or dripping (preferably dripping), add the sliced stalks and the chopped cabbage and stir. When it begins to shrink, add salt, 1 tablespoonful of vinegar, 1 teaspoonful of sugar and a little chopped apple (optional). Close the saucepan with a well fitting lid and simmer gently on the lowest flame for ¾ hour, stirring once in a while. When it is finished taste once more for seasoning.

Serve piping hot either with freshly cooked potatoes or dumplings or fried potato cakes or in a border of mashed potatoes.

(77) **Cauliflower Souffle**

Any left-over cauliflower is very suitable for this dish, but you can use freshly cooked. It is a practical dish when cauliflowers are still rather expensive. Prepare and cook the cauliflower as in Rule 1. When cooked, put it through a mincer, sliced stalks and all. Add soaked bread, about a third the amount of minced cauliflower. (Soak the bread in water or milk and press it tightly.) Season with salt, pepper and mace. If you wish, add one egg, but it is not necessary. Remember Rule No. 6 !

- Fill this mixture into a greased fireproof dish, sprinkle with breadcrumbs, spot with little lumps of margarine or lard and bake on the top shelf of the oven for about 20 minutes.

If you do not want to use the oven you can cook the cauliflower mixture in a saucepan on a low flame for about 10 minutes, stirring it. Pour a little melted margarine over it before serving. Or, sprinkle it with a little milk and finish it off under the grill to give it a brown crust.

(78) **Dressed Artichokes**

To 1 breakfastcupful of lentil or pea purée add enough milk to make it just creamy. Add salt and pepper, pour into a saucepan and add a little lard.

Clean and dice the artichokes, add them to the lentil cream. Cover with a lid and simmer for 15 minutes, stirring once in a while. Cover with a well fitting lid, bring once more to the boil, remove from flame, *do not lift the lid again* and leave for $\frac{1}{2}$ hour.

Before serving add a few drops of piquante sauce and grated raw carrot, about 1 carrot to 1 lb. of artichokes. Heat once more but do not cook; you want to keep the carrots raw, they make the dish crunchy.

You can use pea or bean purée as well.

(79) **Cumberland Curry**

Peel, slice and dice 2-2½ lbs. of swedes. In a fairly large saucepan, heat 1 dessertspoonful of dripping or lard or one tablespoonful of chopped raw or cooked fat. Add enough water to cover the bottom of the saucepan about ½ in. high. Add the swedes, salt and pepper and enough curry powder to make it tasty. Simmer gently until done.

Bring 3 pints of slightly salted water to the boil, add 1 lb. of macaroni (any kind: spaghetti, short cuts or the like). Stir and cook fast for 3 minutes. Cover with a tightly closing lid. Bring once more to the fast boil and remove at once from the flame. *Do not lift the lid again.* Leave for ½ hour. After this time loosen the macaroni with a fork and bring once more to the boil. Cover with a lid. Do not cook any longer.

When swedes and macaroni are done, mix them. Taste once more for salt, pepper and curry and re-heat quickly.

Serve with gravy and, if you wish, fresh floury potatoes.

(80) **Spinach Casserole with Crusts**

Prepare and cook the spinach as under Recipe No. 70.

Strain the spinach, keeping the stock. Add enough milk to this stock to make it a light green. For every ½ pint of this, stir 1 tablespoonful of flour with a little cold milk, which you have added very gradually and carefully to make a smooth paste. Heat the spinach stock with a little lard or margarine. Pour the flour mixture into it stirring vigorously. Simmer for a minute or two, stirring all the while. Season with salt, pepper and grated mace.

Mix the spinach (minced or as it is) with two-thirds of this sauce. Taste once more for seasoning.

Fill into a slightly greased fireproof dish or casserole. Pour the remaining sauce over the spinach. If you wish, bake quickly under the grill or on the top shelf of the oven to

give it a brown crust; but you can heat it in the casserole and leave it at that, coated with the remaining sauce.

Serve with toasted or fried bread crusts.

(81) Heaven and Earth

This dish sounds rather unusual, but do try it—it appeals to our taste.

All you need to do is to cook potatoes and apples separately (don't forget to follow Rule 1 while preparing your vegetables). Mash them and mix. The best proportion is one-third of apple and two thirds of potatoes, but you can alter this according to your taste. You will have to taste this dish for both sugar and salt. Saccharine will be hardly noticeable as a sweetening if you dissolve it first in a little hot water and add it after your mixture is ready.

Now, this is the trick: fry a little chopped bacon (if you haven't got enough, add a little dripping) and, if you possibly can, a little chopped onion or spring onion. Serve the apple and potato mixture piping hot with the bacon and onion sprinkled over it. Also suitable to serve with pork.

(82) Tomato Soufflé Americaine

One of the easiest dishes when you are in a hurry.

Wash and chop the tomatoes roughly, using those that look a bit off-colour. Bring them slowly to the boil without adding water. When they are mashed, rub them through a sieve. Add to this either breadcrumbs or little chunks of bread; sufficient to give the consistency of a thick batter. Season this with salt and pepper and bottled sauce or chutney and sweetening (either sugar, or tablets of saccharine dissolved in a little hot water). Add a dash of the 'top of the milk bottle' to give it a touch of smoothness. Leave to stand for a while to see how far the bread or crumbs you added have thickened it.

Pour into a greased fireproof dish or casserole and bake on the middle shelf of a moderate oven until it is firm.

(83) Tomato Pan Noodles

Begin frying tomatoes in any kind of dripping or bits of fat. Cover them with a lid and simmer on the lowest flame.

Now prepare the following: Blend flour with cold milk to a thick paste, beating the milk into it. Add to every large cupful of this paste either one egg or one heaped teaspoonful of egg powder, and salt to taste (one large cupful of this batter added to about 1 lb. tomatoes will make a dish for 4 persons).

Here is where you have to be clever: hold the basin with the batter over the simmering tomatoes, tilting it. While the batter runs thickly, spoon it into the frying tomatoes making little noodles. Once in a while heat the spoon in the tomatoes.

Simmer and shake the pan until the little noodles begin to rise. If you wish, add a little grated cheese or chopped corned beef or chopped parsley to it before you serve it, but it will do without either of these.

(84) Variations

You can add almost anything you have handy to tomatoes which you have simmered like this, tinned peas or fish, little scraps of meat, left-over macaroni, and you can season with anything your imagination suggests.

(85) In Emergencies

you can help yourself by scooping out even-sized tomatoes (counting one per person) and dropping a raw egg into each. Spot with a little margarine and bake in the oven until the egg is set.

Or blend tinned salmon with as much soaked bread or crumbs as your generosity permits. Fill this into the scooped

out tomatoes, but before you do so, season with salt, pepper and mixed herbs. Bake the stuffed tomatoes until they are heated thoroughly. If you find there is no time left to bake the tomatoes, add a little mayonnaise or vinegar to the salmon mixture and serve the tomatoes, stuffed with this, cold.

CELERIAC and TURNIP dishes under Fish Dishes.

(86) Mexican Marrow

Cut the peeled and scooped out marrow into small cubes or pieces, not more than $\frac{1}{2}$ in. thick. By the way, do not scoop out too much of the marrow—a few of the kernels will do you good and your dish too.

For this dish you can make good use of tomatoes which are not quite firm. Wash and chop them and bring them slowly to the boil. Do not add water. When they are cooked to a mash rub them through a sieve. You can use tinned tomatoes or purée or soup, thinned with a little water.

Toss the marrow pieces in a little hot dripping in a large saucepan. Add salt and pepper and simmer gently for about 10 minutes, covered with a lid. Stir once in a while at the beginning. When they are done, but are not too soft and mushy, add sufficient breadcrumbs to thicken the juice they have developed. Add the tomato purée, and a little vinegar and sugar to taste.

Heap this on slices of brown toast, sprinkle with milk and brown under the grill. If you do not want to use the grill serve it just heaped on toast.

(87) Chutney Flan

Make an ordinary pie pastry according to the recipe under **BASIC MIXTURES**, and line a flan tin with it. Bake it until it is half done.

Meanwhile prepare carrots according to Rule 1 and either

grate them or pass them through a mincing machine. Add salt, pepper, a little curry powder and chutney to taste. Do not be too economical with the chutney. Just moisten with a little water.

Stir this quickly in a saucepan over a medium flame until the carrots begin to soften but are not done. Add enough breadcrumbs to thicken the juice.

Fill this into the half cooked flan and bake until done. If you can, spot with little lumps of margarine or, better, cover with bacon rind which you remove before serving.

(88) Broad Beans

For this dish you have to use fairly young broad beans. Top and tail the beans *whole*, then wash and slice them slantwise into pieces about $\frac{1}{2}$ in. long. Put them into a saucepan, cover half way up with boiling hot water. Add either a little chopped bacon or bacon rind and about one diced carrot to one pound of broad beans. If you can manage it, add chopped onion or spring onion. Add salt and pepper and simmer gently, covered with a lid, until the broad beans are done (which, as you remember, does not mean that they are soft and mushy).

Thicken the stock with cornflour or flour, or fine oatmeal, and taste once more for seasoning.

Before you serve it, fry bread cubes in dripping or margarine and sprinkle them over the prepared dish.

(89) Casserole Charmaine

Place thick chunks of brown bread in a well-greased fireproof dish. Flavour milk with vegetable or meat extract, salt and pepper. Make sure that you have enough milk for your bread to soak in. Pour this milk over the bread and cover it with thick slices of cooked and peeled beetroot. Spot with little dots of dripping, sprinkle with salt and pepper and bake quickly under the grill or in the oven.

(90) **Rizoppy**

You can make good use of peas or cooked savoury rice, either of which seems a bit dull by itself, by mixing it into the following attractive-looking dish.

Make sure you have about one-third the amount of peas (freshly cooked or tinned), as you have cooked rice. Fold carefully together, taste for salt and pepper and heat, if possible in a double saucepan. If you want to heat it quickly stir it with a *fork* over a very low flame.

Serve melted margarine or hot gravy separately in a sauceboat.

SALADS

(91) **A Mayonnaise Made Without Oil or Egg**

Bring $\frac{3}{4}$ pint of liquid to the boil, preferably milk, but you can dilute it with half or two-thirds water or a light stock. Stir 3 heaped teaspoonfuls vanilla custard powder with 4 teaspoonfuls of cold milk and add this to the hot liquid, stirring carefully. Cook gently for 1-2 minutes, stirring all the while. Remove this from the flame and add at once $\frac{1}{2}$ leaf of gelatine. Stir well, making sure that the gelatine is really dissolved.

Dissolve 2 tablets of saccharine (or 1 dessertspoonful of sugar) in very little hot water. Add this to the sauce.

Blend 1 saltspoonful of unprepared mustard with a little of the hot sauce to make it smooth. Add 1 tablespoonful of vinegar, 2 saltspoonfuls of pepper, 1 level dessertspoonful of salt and stir well. Add this to the hot sauce as well as 1 teaspoonful of margarine.

Beat for 5-6 minutes, Leave to cool. If you wish, beat it once more before you want to use it, it will become slightly more liquid again.

This dressing is much improved by the addition of 3 tablespoonfuls of salad oil, or less. You may like to beat 1

egg yolk with the salad oil and then add it to the cooked and cooled salad dressing. Or an egg yolk whisked with a little milk. In any case, beat once more all together.

(92) Canadian Salad

Wash, chop or shred 1-1½ lbs of cabbage (or red cabbage or savoy). Add 1-2 finely sliced apples, washed and cored, but not peeled. Add ½ cupful of very finely sliced tinned or stewed fruit (pineapple, peaches, pears or cherries). Add 1 gill of vinegar and, if you can, 1 gill of fruit juice. Add salt and pepper according to taste. Fold it carefully with a wooden spoon to mix well. Cover the bowl with a large plate and leave for at least ½ hour. After this time add either salad oil or cream or mayonnaise.

(93) Fifth Avenue Salad

Proceed as in previous recipe (No. 92). Instead of fruit add ½ lb. grated carrots and 1-2 finely sliced turnips. If you wish, chopped onions or spring onions or leek.

Shortly before serving, add 1 bundle of chopped watercress and a small basket of mustard and cress. Fold carefully and serve at once. If you do not wish to use all the salad at once, save the cress and add this always at the last.

(94) Suggestions

You can mix shredded or chopped cabbage (red cabbage or savoy) as well as raw spinach with almost any kind of vegetable or roots or fruit. Try to add a little bit of fruit to each of your mixtures; gooseberries or any kind of red berries look very attractive. You can always make your salad tasty by adding apple or parsley and cress.

(95) Stop and Go Salad

Mince any kind of cabbage through the mincing machine.

Season with salt, pepper, vinegar and a little sugar. If you can, add a little salad oil and mustard. Do not let this stand too long before you want to use it.

Shortly before serving, add cooked and peeled beetroot, very finely diced.

(96) **Parisian Salad**

Put the shredded or chopped cabbage (any kind) in a large mixing bowl and add salt, pepper and plenty of vinegar to taste. Mix it with either scraps of cooked meat or fowl or game. Or, to make it taste differently another time, add flaked sardines in oil or pilchards in tomato. Add either finely sliced tomatoes or celery, cucumber, carrot or turnip, or all of these or as many as you can get and care to use.

Shortly before serving blend with mayonnaise.

If you used tinned fish, add all the oil or sauce you can scrape out of the tin.

(97) **Poet's Salad**

Pick and wash $\frac{1}{2}$ lb. spinach. Do not remove the stems. Cut it into pieces of about 1 in. This is the way to do it : pack the well-rinsed spinach tightly on a wooden board, cut first one way and then the other, holding it firmly. Sprinkle the spinach with salt and fold carefully, using your hands. Add vinegar and oil, if possible a little fruit juice. Add finely chopped spring onions, perhaps a young grated turnip. Serve at once.

Since this spinach is not cooked it shrinks very little, so you need considerably less than you would for a cooked dish.

(98)

For once I should like to break my strict rule of giving only recipes suitable for war-time cookery and add here the original recipe for POET'S SALAD. Prepare and salt the

spinach the same way. The difference lies in the dressing, which is made with bananas rubbed through a sieve, blended with cream and flavoured with little chunks of pineapple and pineapple juice. A few slices of orange and a little lemon juice makes it perfect.

(99) Salads made with Raw Sliced Tomatoes

or cooked ASPARAGUS or cooked RUNNER BEANS are easily prepared and provide a refreshing meal with the addition of brown bread or fried potatoes, or with potato cakes. Just add vinegar, salt, pepper and a little mustard and, if possible, a little salad oil. Chopped parsley improves the look of the salad. You can also mix these vegetables.

(100) American Beanomac

Mix $\frac{1}{2}$ lb. cooked, broken macaroni with $\frac{1}{2}$ lb. cooked runner beans cut into pieces about the size of the macaroni. Blend either with vinegar, oil and mustard, salt and pepper to taste or with mayonnaise.

(101) Potato Salad

You can make an infinite variety of potato salads.

Always begin this way: Clean the potatoes according to Rule No. 1, cook and slice them fairly thickly. Add 3 tablespoonfuls of vinegar to 1 lb. potatoes, while they are still warm. Put a layer of slices in a mixing bowl, sprinkle with vinegar and salt and continue this way to make sure that the vinegar is distributed evenly. Shake the bowl. Add enough milk to make the potatoes creamy, shaking the bowl repeatedly and, if necessary, tossing the potatoes. If possible add either oil or tomato sauce or mayonnaise.

Here is how to vary your potato salad:

Add sliced radishes and chopped chives. Chopped onions or spring onions. Diced cucumber. Sliced tomatoes.

A few cooked peas. Raw or cooked sliced carrots. Chopped mixed pickles or mustard pickles. Or a mixture of these.

(102) Raw Potato Salad (for 4-6 persons)

Clean $\frac{1}{2}$ lb. potatoes according to Rule No. 1. Add *at once* (to prevent discoloration) 2 dessertspoonfuls to 2 table-spoonfuls of vinegar. Plenty of salt and pepper to taste. Add a dressing made with bottled sauce, a little mustard and sugar, or add a generous helping of chutney or any other thick fruit sauce. Mix well. If you like, add mayonnaise.

Serve heaped on lettuce or spinach leaves and you have a good and substantial salad which is very useful when you have unexpected guests.

SNACKS

suitable for Breakfasts and Suppers

RAREBITS, NOT WELSH BUT—

(103) Oat Rarebit (about 4 of medium size)

Ingredients: 1 gill of water and milk mixed, $\frac{1}{4}$ meat extract cube or its equivalent of vegetable extract, 1 dessertspoonful of fine oatmeal (or of rolled oats), 1 tablespoonful of finely grated vegetable (a carrot or celery and watercress or parsley).

Stir the oatmeal (or rolled oats) with the liquid to make it smooth. Add the grated vegetables, the chopped cress or parsley and the crunched meat extract.

Bring this slowly to the boil, stirring all the while. Add salt and pepper to taste, cook gently for 5-6 minutes.

Scrape this on to a wetted deep dish. Leave to stand to get it really stiff.

Before you serve it, spread it on toast, sprinkle with chopped bacon (or with milk) and bake it under the grill until it is hot and has a brown crust.

(104) Suggestions.

You can make an infinite variety of crunchy vegetable rarebits with a basis of brown sauce which, when it is cold, should be as stiff as a paste.

Make this brown paste with gravy or stock (can be made with meat extract), flour and a little dripping. To make sure it is stiff enough prepare it the day before.

Spice this paste according to your liking and, if necessary, add a little browning. Before finishing, mix the paste with plenty of mixed, raw, grated or finely chopped vegetables. Spread it on toast and sprinkle with chopped bacon (or milk). Grill when required.

(105) Cured Carrots on Toast (American)

Prepare the carrots as described under Rule No. 1 for the cleaning of vegetables. Slice them into rounds of about $\frac{1}{4}$ in. thick.

For 1 lb. carrots, heat 1 level dessertspoonful of dripping or lard or margarine and add 1 level teaspoonful of sugar.

When this is brown, add the carrot rounds, stir quickly and then simmer them gently, covered with a lid, until they are done.

Thicken the juice with a little flour or cornflour previously stirred with a little cold water. If you wish, add a little chutney.

Arrange this on toast and grill, or put it on slices of bread and bake quickly on the top shelf of a hot oven.

(106) Quick Rissoles

Make a stiff porridge with rolled oats and stock made with meat extract. This porridge should be thick enough to cut it with a knife; add salt and pepper and 1 level teaspoonful of egg powder to every cupful of porridge.

You can improve this dish if you can manage to add a

small amount of very finely chopped sausage meat or luncheon sausage or so-called picnic roll or finely-chopped or minced bacon rind. But in emergencies you can use the paste as it is.

Mix all well together and scrape it into a wetted deep dish. Leave to stand until it is really cold.

Spoon some of the mixture on to a board with bread-crumbs or coarse oatmeal. Turn the portions in the meal or crumbs, shaping into rissoles.

Fry in a little very hot fat, preferably mixed with bacon.

(107) Summer Green

Peel a cucumber and halve it lengthwise. Remove some of the pips. Cut into pieces about 1 in. long.

Heat a little fat, if possible margarine, and put the cucumber bits into it. Cover it with a lid and simmer over the lowest flame for 10-15 minutes.

After this time, arrange the cucumber bits on fresh, hot toast and keep in a warm place. Quickly thicken the juice they have developed with cornflour, previously stirred with a little cold water, add salt and pepper and a little chopped parsley to taste. It should be fairly thick. Coat the cucumber with this sauce and either serve at once or sprinkle with milk and grill quickly.

(108) Suggestions for Grilled Fish Croutons

Make a thick white sauce using milk or half milk, half water. It should be almost like a paste. Proportion it according to the number of slices of toast you have.

Add to the white sauce, when it is still boiling, any amount of any kind of flaked tinned fish or flaked and filleted fresh fish. The amount of fish taken depends on the supply you can get or the generosity you want to exercise.

Season this well with salt, pepper and curry powder.

Leave it to stand until it is cold and firm. Spread it more or less thickly on as many slices of toast as you want to serve croutons. Sprinkle with chopped bacon or gratings of cheese rind, or a few chopped mushrooms or just with a little milk. If you can, garnish them with little bits of tomato or one of the good-looking vegetables such as peas or diced cucumber or the like.

Heat them slowly under the grill to give a brown crust.

Should you have any cooked rice left over you can make

(109) Delicious Curry Patties

Line patty tins with pie pastry or potato pie pastry and par-bake them. For Pastry see under BASIC MIXTURES.

Fold into the rice enough milk to make it creamy and season it highly with salt, pepper and curry powder. Fill this into the patty tins and bake until the pastry is done. Bake on the top shelf of a fairly hot oven to give the rice a brown crust.

(110) Bacon Pancake

Make an unsweetened pancake batter according to Recipe under BASIC MIXTURES.

Chop some bacon and begin frying it. Pour the pancake batter over it, shake the pan first over a high flame and after about a minute over a low flame.

If you make small, separate pancakes, turn over and fry on both sides.

If you make one large pancake, cut it into portions as soon as the surface is dry and turn the portions over to fry on the other side.

(111) Parrot Bread

Make an unsweetened pancake batter according to Recipe under BASIC MIXTURES.

Cut stale bread into cubes of about 1 in. to $\frac{1}{2}$ in. Have handy a little grated carrot and chopped parsley or either of these.

Chop a little bacon and begin to fry it. Add the bread-cubes and pour the pancake batter over them at once. Sprinkle with carrot, parsley or both.

Proceed to fry in the same way as in the preceding recipe.

(112) **Tasty Toasts**

Make as many slices of toast as you wish to serve. Remove the skins from sausages and spread the meat on the toast as thickly or thinly as you can afford. Sprinkle with a little chopped bacon, or milk or little bits of tomato, and grill slowly under a low flame.

(113) **Black and White Strips** (to make your Cheese Ration go further)

Make a thick white sauce, almost like a paste, and add as much grated cheese as you wish. Season well with pepper and curry, taste carefully for salt (cheese is salty). Leave this to stand for some time, best overnight.

Cut thin slices of white and brown bread, spread some of the cheese mixture on to one slice of brown bread, cover this with a slice of white bread, spread this and cover with a brown slice. Continue this way to make it as high as you wish.

With a sharp knife or a bread knife, cut this high sandwich into strips. You can mix a white sauce with chopped chives instead of cheese.

SANDWICH SPREADS

(See also under Recipes Nos. 3, 4, 15)

(114) **Belgian Bread**

Mash the contents of a tin of sardines with a fork. Add as

many raw rolled oats as the oil will absorb. Scrape all the oil out of the tin with a little rolled oats. Taste for salt and pepper, you need hardly any. Pilchards or herrings in tomato are just as successful.

(115) Oat Sausage

Dissolve enough meat extract in $\frac{1}{2}$ pint of water to give it a strong taste. If you use cubes, crunch a whole one into it. Bring this to the boil and add 2 tablespoonfuls of rolled oats. If you can, add a little dripping or bacon fat, but this is not absolutely necessary. Add $\frac{1}{2}$ teaspoonful pepper, $\frac{1}{2}$ teaspoonful marjoram, $\frac{1}{2}$ teaspoonful thyme, $\frac{1}{2}$ teaspoonful grated mace and $\frac{1}{2}$ teaspoonful sage. Add salt to taste, about $\frac{1}{2}$ teaspoonful, but you might need more. Bring this slowly to the boil and cook gently for 2-3 minutes, stirring it.

Add 2 dessertspoonfuls of raw rolled oats, beat strongly with a fork and pour into a small high rimmed dish which you have wetted with cold water. Leave to stand overnight.

(116) Bacon Sausage

Boil 1-2 handfuls of bacon rinds until tender. Mince through the mincing machine or, if you have not got one, chop very finely.

To every 2 dessertspoonfuls of minced bacon rind add 2 dessertspoonfuls of raw rolled oats. Add sage, pepper, salt and chopped onion or spring onion to taste.

Make a stock with one gill of hot water and enough meat extract to give a strong flavour. Pour this over the bacon and oat mixture, stir it to blend it well. Bring slowly to the boil and cook it gently for 3 minutes or until it detaches from the saucepan. Leave to stand overnight.

PUDDINGS

steamed or cooked in about 15 minutes

(117) Marlborough Pudding

Ingredients: 1 cupful breadcrumbs (make sure they are really dry), 2 cupfuls of milk, 1 heaped tablespoonful of cocoa, 2-3 tablespoonfuls chopped dates or figs or sultanas or a mixture of these, 1 teaspoonful of margarine, 4 tablets saccharine, a little mixed spice (optional), a little rum or wine or whisky (optional).

Mix the breadcrumbs with the cocoa and, if you wish, with the mixed spice and the wine. Add the chopped fruit. Add the milk and let it soak for a short while. Beat the margarine into it. Bring it all together slowly to the boil and cook gently until it thickens, stirring all the while.

Dissolve the tablets of saccharine thoroughly in a little boiling water, add this to the pudding mixture and stir well.

Wet a pudding basin with cold water and pour the hot pudding mixture into it.

Either steam it for ten minutes in boiling water, reaching three-quarters of the way up and serve it straight away, or leave it to cool. Serve the hot pudding with cold thin vanilla custard. Or again, to get a contrast, serve the cold pudding with hot thin vanilla custard.

(118) Hot Fruit Pudding (6-8 persons)

Ingredients: $\frac{1}{2}$ lb. flour, 3 ozs. lard or suet, 1 gill milk, 3 tablets saccharine, 1 teaspoonful baking powder, 2 teaspoonfuls egg powder, 1 teaspoonful each of ground ginger and cinnamon, apples or stewed or tinned fruit for the filling, amount optional.

Mix the milk with 1 gill water, add the fat and the saccharine. Bring it to the boil. Remove it from the flame and add the flour quickly, stirring vigorously. Replace on a

low flame and stir it strongly until it detaches from the saucepan. Again remove from the flame.

In a little cold water, dissolve the baking powder, the egg powder, ginger and cinnamon. Add this to the cooked mixture and beat well.

Line a pudding basin with it, keeping enough back for a cover. Fill the pudding with the fruit you have chosen. Keep the fruit juice back to use as a sauce later. Cover the basin with the left-over mixture, pressing the edges tightly together.

Steam this amount for about 15 minutes; a smaller pudding for about 8-10 minutes.

(119) A Bread Pudding in No Time—Without Lighting the Oven

Break the bread into very small pieces and soak them overnight in ample liquid, milk or milk and water. You can add chopped dates or figs or raisins, but this is not necessary.

The next day mash it with a fork. It should be a thickly-running batter. Add to every large cupful of this, one level dessertspoonful of custard powder, 2 dissolved tablets of saccharine and a pinch of salt.

Heat a little fat or margarine in a saucepan. Pour the batter into it and stir, over a low flame, until it is thick. Cook gently for 1-2 minutes, stirring all the time. You can serve this in many different ways. (a) Pour it into a fire-proof dish, sprinkle with milk and nutmeg and brown quickly under the grill. (b) Fill it into small dishes and serve it piping hot with a little cold milk. (c) Fill it into a wetted basin, leave to cool; then turn it out and serve with fruit juice or stewed fruit.

These are examples of what can be done with the bread pudding. Use your imagination and the remainders in your larder to provide variations.

(120) Easy Rice Pudding

Prepare the rice according to Recipe No. 7, using milk or milk and water. To make sure you have enough salt and sweetening, taste the water within the first minutes of simmering the rice. It really should taste strongly of both salt and sweetening. You can use saccharine for any rice dish, it will be indistinguishable from sugar. When your rice is done, i.e., after you have left it for the second time to stand without fuel, fill it into a greased fireproof dish, sprinkle with milk and bake quickly under the grill, to give a brown crust.

(121) Swiss Rice

Mix cooked and cooled rice with stewed or tinned fruit without its juice. Reserve the juice. Fill the rice mixture into a wetted mould and turn it out before serving. Serve the fruit juice as a sauce.

(122) Rice Caramel

Flavour cooked rice with cinnamon, fill into a wetted mould and leave to stand. Heat about 1 tablespoonful of sugar in a saucepan until it turns brown, but do not let it burn. Remove the saucepan quickly from the flame and add enough hot water to get a thin toffee consistency. You have to use some skill, because if you make it too thin it tastes of nothing, and if you make it too thick it will stick.

To serve, turn the rice out of the mould and pour the caramel over it.

(123) French Rice

When the rice is cooked, fill it into a wetted mould and leave to cool.

Make cocoa with water and a little milk, according to the amount of sauce you want. Sweeten either with saccharine or with sugar, or both. Add enough cornflour or custard

powder, previously dissolved in a little cold water, to make the cocoa thick and creamy. If you have it, add a dash of brandy or wine.

Serve the rice very cold with the piping hot sauce.

(124) **Plumplings**

Make an ordinary potato pastry (recipe under 'basic mixtures'). Roll this pastry out about $\frac{1}{4}$ in. thick. Cut into fairly large squares.

Wash red plums or damsons, split them and remove the stones. Fill them with a little sugar or, if you cannot manage this, with one or a half tablet of saccharine. Place a plum or damson in the centre of each pastry square. Wrap the pastry round the fruit and seal the edges tightly. Roll in a little flour.

Drop these plumplings into boiling water which you have salted slightly. Cook them gently for $\frac{1}{2}$ hour, without a lid. The size of your plumplings will determine the length of the cooking time required. Cook them for further 5 minutes after they have risen. Serve hot, if you wish, sprinkled with crumbs.

(125) **Aunt Jemima's Cakes** (3-4 persons)

Heat $\frac{1}{2}$ pint of liquid, milk or milk and water. Add a 'nut' of margarine.

Mix 1 teaspoonful cinnamon or mixed spices with 6 level tablespoonfuls of wholemeal wheaten flour and 2 teaspoonfuls of sugar. When the liquid boils, remove the saucepan from the flame and add *at once* the flour. Stir strongly with a wooden spoon. Replace the saucepan on the flame and cook for about 2 minutes, stirring all the while. It should be a stiff dough. When it has cooled a little, add 1 teaspoonful of egg powder.

Scrape the dough on to floured wooden board. Shape a

loaf, turning it in flour. Leave to stand until thoroughly cooled. The longer you leave it, the better you can handle it later.

Cut the loaf into thick slices and flour them. Place them on the grill rack and grill quickly. Turn them over, sprinkle them with cinnamon and sugar and grill this to finish. Serve piping hot.

(126) **Surprise Pancake**

Prepare a sweet pancake batter according to recipe under **BASIC MIXTURES**.

Sweeten enough milk to soak as many slices of stale bread as you wish to serve in the pancake. Sweeten the milk with sugar or with dissolved tablets of saccharine. Make sure that the bread does not break.

Pour half of the pancake batter into a greased, heated pan over a low flame. Place the soaked bread carefully into it and pour the remaining batter over it. Shake the pan over a low flame until the surface of the pancake becomes dry. If you trust yourself, turn it over. If you do not dare to do this, cover it with a lid and cook for another 2 minutes. Serve turned on to a dish with the fried side on top, or cut it into portions before you dish it up.

(127) **Apple Soufflé** (4-5 persons)

Prepare an apple sauce according to the recipe given under **JAMS**. Use 1-1½ lbs. of apples. Add ½ teaspoonful of cinnamon, ½ teaspoonful of ground ginger, a little lemon flavouring and 6 tablets of saccharine previously dissolved in hot water.

Grease a fireproof dish slightly. Arrange in it 4-5 thick slices of bread, preferably brown. Pour the hot apple sauce over it. Spot with little lumps of margarine, sprinkle with breadcrumbs and bake quickly under the grill or on the top

shelf of the oven. If you wish, sprinkle with ground nuts and decorate with sultanas or glacé cherries before you bake it.

You can make a similar fruit soufflé with any kind of fruit sauce.

(128) **After Dinner Slices** (4-5 persons)

Wash 2 medium-sized apples and core them. Slice them fairly thickly. Cover each slice with an almond or vanilla custard of the consistency of cream cheese. Sprinkle with cinnamon or cinnamon and sugar.

You can coat the apple slices with any kind of cream cheese and sprinkle them with cinnamon and sugar or ground nuts.

(129) **Raw Fruit Charlotte**

Clean and pick or stone any kind of fruit.

For every $\frac{1}{2}$ lb. of fruit, make a thick custard with $\frac{3}{4}$ -1 pint of water and 6-8 heaped teaspoonfuls of vanilla custard powder (previously stirred with approximately 6-8 teaspoonfuls cold water). Leave this custard to cool.

Mince the fruit, or in case you have very soft berries, pound it. Make sure that you catch all the juice, for instance place a basin under the mincer and tilt it when you have finished.

Add this minced or pounded fruit instantly to the cooled custard. Add, for this amount, 3-4 tablespoonfuls of bread crumbs and either 4-6 tablets of saccharine or enough sugar to sweeten, both dissolved in a little hot water.

Serve with cold milk or cold thin custard.

JAMS **cooked in a few minutes without sugar**

These jams are not preserves, i.e., they will not keep longer than about a week stored in a cool place.

They are not a substitute for our preserved jams.

But they are better.

Just think of it—in these jams you have *undercooked* vegetables and a certain amount of gelatine. Gelatine is pure protein, and protein is just what our diet is rather lacking at the present time (protein is one of the main values of meat, cheese, eggs, bacon). Of course, you know that protein is the great body builder.

In giving your family the famous stand-by of bread and jam you are providing them with one of the best meals of the day. Particularly as far as the children's diet is concerned.

If you find it safer to introduce this new kind of jam gradually, mix it with a similar preserved jam from your ration or your store cupboard.

Do not tell anybody what these jams are made of before they taste them. Call them by the names given in the following recipes. Answer any questions with only a kind and mystifying smile and take praise for your cleverness cheerfully.

(130) **Apricot Jam**

Peel $\frac{1}{2}$ lb. of turnips and slice them waferthin. Chop them roughly.

Bring $\frac{1}{2}$ pint of water to the boil. Add the chopped turnips, toss 6-7 times, cover with a lid and simmer gently for *one minute*. *Do not lift the lid again*. Bring to the fast boil and remove instantly from flame. Leave for 15-20 minutes without fuel.

After this strain the juice into a saucepan; make sure you have $\frac{1}{2}$ pint, if necessary add water. Add $\frac{1}{2}$ tablet of apricot jelly (packet) and two cubes of lemon jelly (the same kind in packets). Dissolve these in the juice according to the instructions given on the packet.

Rub the turnips through a sieve and add to the jelly you have begun to make. Leave to set, stirring once in a while.

If you wish, add any suitable kind of fruit sauce, or apple-sauce.

(131) **Greengage (or Pineapple) Jam**

Soak $\frac{1}{2}$ lb. of parsnips in cold water. Scrub them with a metal saucepan cleaner. Slice them wafertthin and chop them roughly.

Bring $\frac{1}{2}$ pint of water to the boil, add the chopped parsnips. Cover with a lid and simmer gently for *one minute*. *Do not lift the lid again*. Bring to the fast boil and remove at once from the flame. Leave for 20-30 minutes without fuel.

Strain the juice into a saucepan; it will be about 1 gill. Add enough water to make about $\frac{1}{2}$ pint of liquid. Add half a tablet of greengage (or pineapple) jelly and one cube of lemon jelly (packets) and dissolve it according to the directions given on the packet.

Rub the parsnips through a sieve or pound them to a mash. You should use all the parsnip you have cooked. Add this to the jelly which you have begun to make. Add 1-2 tablespoonfuls of apple sauce (see Recipe No. 137). If you wish mix with a little greengage jam. Leave to set, stirring once in a while.

(132) **Three Fruit Jam**

Wash and peel about 4 oz. of cooked beetroot. Chop it as finely as you can. This should give about 1 gill of little chunks.

In $\frac{1}{2}$ pint of water dissolve $\frac{1}{2}$ tablet of blackcurrant jelly and two cubes of strawberry jelly (packets), according to the directions given on the packet. Add the beetroot chunks as well as 3 tablespoonfuls of any kind of fruit sauce or jam. Leave to set, stirring once in a while.

(133) **Rhubarb-Ginger Jam**

Cut the leaves off $\frac{1}{2}$ lb. of rhubarb, wash and slice the

stems finely. Heat 1 level dessertspoonful of sugar in a saucepan. Add the rhubarb and $\frac{1}{2}$ gill of hot water. Simmer, covered with a lid, for 5 minutes. Add ginger to taste.

Rub through a sieve. The remainder in the sieve is mashed enough to be added to the pulp as well. Bring this once more just to the boil. Either add 1 teaspoonful corn-flour (previously stirred with 1 teaspoonful cold water) and cook gently for 2 minutes. Or you can add $\frac{1}{2}$ leaf of gelatine.

Dissolve 3 tablets of saccharine in hot water and add to the rhubarb mixture. Add lemon or orange flavouring and cochineal. Leave to cool and set.

(134) Suggestions

Should you find jelly in packets unobtainable, use gelatine and a strong fruit flavouring with the vegetables. Even cornflour will do.

Instead of the vegetables you can make your bread spreads with fruit sauce.

(135) Carrolade

Soak 4 oz. of carrots in cold water. Scrub them with a metal saucepan cleaner. Grate them over the large holes of a grater making little chunks which look like the orange peel in marmalade.

Bring 1 pint of water to the boil, add 1 dessertspoonful of vinegar. Add the carrot chunks. Cover with a lid and simmer gently for *one minute*. *Do not lift the lid again*. Remove from flame and leave for 15-20 minutes.

Strain the juice, if necessary make it up to 1 pint of liquid, using, if you can, orange squash or lemon squash, but you can take water. In this juice dissolve 1 tablet of orange jelly and $\frac{1}{2}$ tablet lemon jelly (packets) according to the directions given on the packet. Add the carrot chunks. If you have favoured bitter marmalade in past times, add a

few dashes of angostura. Instead of packet jellies you can use gelatine and orange and lemon flavouring. Leave to set, stirring once in a while.

NEW METHODS WITH FRUIT

(136) Fruit Sauces

Berries—wash quickly (you need not remove little stems or top and tail the fruit), put into a saucepan, add a dash of hot water. Cover with a lid and simmer until mashed, about 10 minutes. Rub them through a sieve.

Rhubarb—cut the leaves off, do not peel. Slice finely and proceed as for berries.

(137) Apple-Sauce

Wash the apples. *Do not peel or core them.* Chop them roughly. Put them into a saucepan. According to whether you want a thick or thin apple sauce, add enough hot water to cover the bottom of the saucepan or to reach halfway up the apple chunks. Simmer gently, covered with a lid, until mashed. Rub through a sieve.

NOTE.—All fruit sauces should be sweetened after they have cooled, whether you use saccharine or sugar. You need less sweetening if you do it this way.

The gap in our diet caused by the lack of oranges and lemons is particularly noticeable to those who have to look after children or patients or were accustomed to begin their day with some sort of fruit juice.

On the other hand everybody has become aware of the importance of vitamins nowadays. In the following recipes you will find three new kinds of drinks which will help you to keep fit and energetic, to prevent colds and fatigue and to make your eyes sparkle.

(138) Applelade

(a) Wash and chop 1 medium-sized apple. *Do not peel or core it.* Mince it through the mincing machine. Put the pulp into a fine cloth and press out tightly all the juice you can gain. Sweeten with sugar or saccharine. Fill up with the amount of water required. Do not leave to stand longer than a night. (b) If you have made a dish for which you have to peel the apples, save the peels. Cover them with ample water and bring to the boil. Strain, rubbing as much through the sieve as you can. Flavour with lemon flavouring. You will probably need no sweetening.

(139) Raw Rhubarb Juice

Cut the leaves off the rhubarb. Wash the stems and slice them finely. Mince through a mincing machine. Put it into a fine cloth and squeeze as tightly as you can. Move the rhubarb matter about in the cloth, make sure you press out all the juice. Add orange flavouring and dissolved sugar or tablets of saccharine to taste and the same amount of water as you have rhubarb juice. According to the purpose you want it for, use more or less water.

(140) Delicious Fruit Drinks, Raw !

Wash the fruit quickly. Do not remove stems. Stone the fruit when required.

Pound or mince the fruit. Press the minced fruit tightly through a fine cloth, moving the pulp so as to get all the juice you can possibly squeeze out.

Dilute either the fruit pulp, or the fruit juice, with boiled cold water and sweeten to taste with either dissolved tablets of saccharine or dissolved sugar.

Stir before drinking.

CAKES

with little fat and little sugar

Now that we have to do without most of the finer ingredients with which we used to make cakes and pastries, we should get into the habit of using more yeast. Yeast is not only very healthy, but has a very attractive flavour.

It is almost a superstition that baking with yeast is rather tiresome and tricky. Once you have gone into the matter with goodwill and a clear head, you find that this, like many other superstitions, is without foundation.

The following recipes are really quite easy. If you glance over the amount of ingredients used, you will find they are worth trying.

(141) Platter Cake

Ingredients.—1 lb. flour: 1 oz. yeast, 1 oz. margarine, 1 oz. sugar, 8 tablets saccharine (or 2 tablespoonfuls of sugar), a little milk.

Method.—Make sure that your flour, margarine and milk are slightly warm.

Dissolve the yeast with a little warm milk, add 4 level tablespoonfuls of flour which you have taken from the pound of flour. Cover this yeast mixture with a cloth or paper and keep it in a warm (not hot) place for about twenty minutes. Dissolve the saccharine (or sugar) in a little hot water and add 1 gill of milk.

When the yeast mixture has risen, add it gradually to the remaining flour. Add a pinch of salt. Put it into the centre of the mixing bowl which contains your flour and beat as much flour into it, from the sides, as you can. Add the sweetened milk and again beat the flour into it, mixing to a soft smooth dough. If necessary, add a little more warm milk.

Grease a large tin which should have a rim at least 1— $1\frac{1}{2}$ ins. high, dust it with flour.

Roll the dough out into approximately the shape of the tin, $\frac{1}{2}$ in. thick. Place the dough quickly in the tin.

Herein lies the trick :

With a floured finger, press small deep dents in the dough about an inch apart. So deep that you can see the tin through the thin cover of dough at the bottom of the dents. Now use your precious ounce of margarine. Pick little bits of it and place each bit in the centre of a dent. Fill all the dents this way.

Brush the whole cake with milk and sprinkle it with 1 oz. of sugar (or more).

Cover the tin with a cloth or a large piece of paper and leave it in a warm (not too hot) place to rise.

When it has risen to about twice its height, put it into a *moderate* oven and bake quickly, just to make it brown, about twenty minutes baking time.

Variations :

(a) Put a few sultanas or a little mixed fruit in between the dents. (b) Make the dents larger and wide apart from each other and place in each a small slice of apple or plum or damson. Cover with margarine and sprinkle the whole with sugar and cinnamon after you have brushed it with milk. (c) Sprinkle the margarine bits in their cradles with grated nuts or almonds. Proceed with milk and sugar. (d) After you have brushed the cake with milk, sprinkle it with a mixture of sugar and cocoanut.

N.B.—When this cake is more than a night old, heat it slightly under the grill before serving it.

(142) **Home Made Rusks**

Tea rusks have always been rather expensive, nowadays they are probably unobtainable in most districts. You can make your own rusks very cheaply indeed and will find them

useful not only in cooking but also for serving at tea time.

Ingredients: 1½ lbs. flour, 1 pint of milk and water mixed, 1 cupful milk, 1½ oz. yeast, 1 tablespoonful sugar.

Mix 2 tablespoonfuls flour with 1 cup milk and the yeast. Leave the basin with this mixture in a warm place to rise.

Beat the liquid (water and milk mixed) into the remaining flour, add the sugar and a pinch of salt.

When the yeast mixture has risen (after about 20 minutes), add it to the dough which you have prepared. Knead this well for about 5-10 minutes. Fill it into a heated, greased and floured loaf tin.

Bake until done (about 40 minutes).

The following day, cut the loaf into fairly thick slices, bake these on both sides in a medium oven, if necessary push under the grill for a few minutes, to make them really brown.

(143) Oat Flake Dodgers

Ingredients: 4 heaped tablespoonfuls rolled oats, 4 heaped tablespoonfuls plain flour, ½ teaspoonful egg powder, ¼ teaspoonful baking powder, ¼ teaspoonful cream of tartar, ¼ teaspoonful salt, 1 breakfastcupful water (or water and milk mixed).

Mix the flour, rolled oats, baking and egg powder, cream of tartar and salt. Add the liquid gradually, mix well and leave for 5 minutes.

Pour it into a hot well-greased pan, cover it with a lid, keeping enough space between lid and batter to allow for a little rising. Cook over the lowest flame for about 10 minutes turn over and cook another 3-4 minutes.

When it has cooled a little, cut it into thick slices with a sharp knife or breadknife and sprinkle it with sugar.

TEA FANCY—MADE WITHOUT ANY FUEL

(144) **Apple Cake**

Take a medium sized, high rimmed tin (with detachable bottom). Grease the rim and sprinkle with breadcrumbs. Cover the bottom with rusks which you have broken, fill the gaps with crumbs. If you have no rusks, use stale bread sprinkling it with sugar.

Make an ordinary thin custard with custard powder and spread this over the rusks or bread while it is still hot. Cover this with a second layer of rusks or bread. Again fill the spaces with crumbs.

Heap on to this a thick layer of apple sauce which you smooth with a knife. Leave this for at least an hour. Remove the rim carefully and place the cake, still sitting on the bottom of the tin, on a cake plate.

Variation: You can cover the top layer of rusks or bread and crumbs with any kind of stewed fruit, without its juice, or a thick fruit sauce. Or, with fruit juice which you have thickened with cornflour.

(145) **THE COSY BOX**

This is one of those humble things in life which prove to be invaluable. It is like that friend most of us have, who is not very good-looking, not very bright or brilliant, but who is always there to help, with his car, advice or information, or with the odd box of rare chocolates.

The Cosy Box is built on the principle of the old-fashioned hay box and, for that matter, after the idea of the American electric hot-cupboard.

In most cases we cannot get hay, or cannot be bothered to search for it and collect it; sometimes we even object to the smell of hay intermingling with the flavour of the contents of our pot in it.

The Cosy Box enables us to leave the house cheerfully for

a long stroll along the river, for an excursion, in pursuit of an invitation, for a visit to town or to a show. No little thoughts pricking our holiday-minds with an eternally repeated: "... when I come home, I've got to prepare the meal." While we wash our hands and comb our hair, the pot with the stew or the pottage comes to the boil once more and is ready to be served in a tureen or dish.

You will probably have all the things necessary for the Cosy Box at home or will be able to get them easily. Play at making it on a rainy Saturday afternoon and try it out for the Sunday night meal.

You need: a box or a barrel. Plenty of old newspaper. An old rug or blanket or cushion. Something to raise the box or barrel with, so that it stands 2-3 inches from the ground.

This is how you make it:

Choose a strong saucepan which has not a long handle but two 'ears' and a tightly fitting lid. Or, if you wish, two of this kind. Make sure that the one saucepan, or the two chosen ones, show at least 5-6 inches space all around them, when you hold them into the box or barrel for measuring. Line the box or barrel with thick paper, sealing the joints.

Crumple the pages of newspaper as you would crumple an infuriating letter. Press these little paper parcels tightly on the bottom, at least 5-6 inches high (or more).

Now put the saucepan (or saucepans) in the centre.

Press all around it (or them) further paper parcels, press as tightly as you can. Continue until you have reached the height of the lid.

Squeeze the saucepan out of its 'nest' and replace it again, making sure that it works perfectly.

Heap the old rug or blanket or cushion loosely over the saucepan with the lid on, tucking it in at the sides.

Eye the whole thing with admiration and fancy the delicious things you are presently going to lift out of it. For instance:

(146) Stock Pot—Cooked in Cosy Box

Wash the bones under running water.

Cover the bones with water, do not add salt. If you wish, add a little onion or onion peel (well washed).

Bring to the boil and cook gently for 40-45 minutes, covered with a lid.

The old-fashioned idea of 'elegant' cooking demands a soup or stock to be cooked at the beginning without a lid, and you are supposed to skim it regularly. This guarantees a light-coloured, crystal-clear 'consommé.' Modern methods, though concerned with good looks and tasty flavours, are carefully devised to preserve food values in order to feed the family well and protect their health. Therefore never mind what grandmother's cook or her cookery book tells you, they are certainly not as enlightened about 'good food' as you are, or are about to become.

After having cooked the stock pot for this time, bring it quickly to the fast boil, do not lift the lid, and put it at once into its newspaper cradle, tucking it in with the rug or cushion.

Leave it there, undisturbed, overnight.

Next day, bring it once more to the boil, cook gently for about $\frac{1}{2}$ hour and replace it into the Cosy Box. Continue like this every day until you have used all of the stock.

To remove some of the stock, use a perfectly clean and dry cup or basin. Never bring the stock in the pot in contact with an instrument which is not perfectly clean and dry.

When you have only a little stock left, or if you wish to cook something else in the pot, strain the stock and keep it in a jug or basin.

If you use not more water than is necessary to just cover the bones comfortably, you will find after one or two days that this method of cooking stock has extracted all the 'good' from the bones, supplying you with a jelly, stiff enough to cut with a knife.

Taste each portion of stock for salt only when you have removed it from the stock pot.

Each time you have removed stock from the pot, bring it once more to the boil and cook it for at least 20 minutes before replacing it in the Cosy Box.

(147) **Stews**

Begin your stew in the morning, simmer it, covered with a lid, for at least half-an-hour. Do not lift the lid again before you put the saucepan into the Cosy Box.

(148) **Substantial Dishes**

Rice, macaroni, barley and the like can be kept fairly hot for many hours in the cosy box. They are easily reheated when wanted. Fold rice with a fork, while you reheat it.

Dishes with a fair amount of fat and liquid will need not more than about 5-10 minutes to come to the boil on an open flame, after you have taken them out of the cosy box.

All dishes with little liquid and little or no fat will be still warm, but not hot.

PRACTICAL HINTS

There are some tools which are essential to make your preparations successful and your work easy. It is well worth while to invest in them. Do not push this suggestion aside and glance over it, determined to remain disinterested. You would have a burst pipe repaired or would replace the stockings you tore recently.

A grater is of great help—various graters are of more help. They are cheap and can be obtained everywhere. See that you get a good selection, providing you with the means of shaping vegetables and the like into different small bits. You want small, medium and large holes. You want at least one slot. You would never be able to slice anything as finely

and as quickly as you can by rubbing the vegetable over this slot.

To clean this grater, scrub it with hot water and a brush. Dry it thoroughly in a hot or warm place. Keep it where it will not be exposed to moisture or vapours. Should you find that, despite the care you took, the grater shows signs of rust, grease it slightly before putting it away. You may have to wash it with hot water before you use it again, if the fat has become rancid.

A mincing machine will enable you to make all sorts of new and attractive dishes in a short time. In all cases where you are advised to grate something over the small holes of a grater, you do better to use your mincing machine. Even for cheese.

If you pass a rather valuable foodstuff through the mincer, (meat, cheese or the like), follow it with a little dry or soaked bread. You can generally use this in the dish you want to prepare.

AU GRATIN means grilled or baked with a top layer of grated cheese, a favourite method in our peace-time kitchens. It is mainly the brown crust which made a particular dish so appetising for us.

You can give any dish a brown crust if you sprinkle or brush it with good, fresh, rich milk and either grill or bake it.

CUTTING MEAT INTO THIN SLICES

Any kind of raw meat or liver or kidney may have to be cut into very thin slices nowadays. Always cut it against the grain, otherwise you get little thick lumps when you have fried or stewed it, because the muscles contract and swell in the heat.

In case you are not so sure what cutting against the grain means, do it this way: put the meat on a wooden board.

Let it relax so that you can see its natural shape. Now press it down with one hand, carefully, to prevent it from moving sideways. Do not deceive yourself when you do this, convinced that you have cut 'thin slices.' It won't do. Having now a firm but careful grip on the meat, saw it rather than cut it with a sharp knife. You do not want it to move obstinately sideways under the pressure of your inadequate knife or your impatience.

EGG POWDER

Do not hesitate to use this. It is perfectly harmless, in fact it is nothing but a raising agent, coloured for the sake of illusion.

SACCHARINE

To avoid the after taste which is often the objection to using saccharine, do not add it before your dish is cooked, i.e., you should not let it boil except when you use it in very substantial food, like rice or macaroni, or cake. In all other cases dissolve the tablets with very little boiling water, crunching them a little if necessary.

To sweeten fruit do not add the saccharine—or for that matter the sugar—before the stewed fruit has cooled. Dissolve the tablets of saccharine (or the sugar) in a little boiling water, add to the fruit, and leave for sufficient time to soak the fruit with sweetening.

Until you are accustomed to the use of saccharine add a few tablets at a time, or one by one, if you find your dish not sweet enough after the first addition. Do not trust anyone to tell you exactly how many tablets of saccharine to use. Some tastes ask for more sweetness than others. One tablet of saccharine is certainly sweeter than a lump of sugar.

If you use too much saccharine you will not find your dish too sweet but spoilt by a sort of metallic taste.

HOW TO GAIN MORE FAT

Before you begin to render any kind of fat, chop it as finely as possible, preferably mince it, put it into a saucepan, cover with a lid, and simmer gently for about half an hour. Separate the clear lard from the bits of fat.

Keep these "render-bits" in a separate dish. They are delicious for frying potatoes or to begin stews and pottages.

You can proceed in the same way as mentioned above with any kind of cooked or roast fat (particularly from brisket, ribs or the like). You will be amazed to find what an amount of lard and render-bits you can gain by rendering cooked fat, after it has been finely chopped or minced.

If your stock pot shows a good layer of fat, leave it to cool. Then you can remove the cold fat easily from the surface.

Collect your bacon rinds. If you have about five handfuls put them into a saucepan, cover them with water and simmer slowly for about threequarters of an hour, or until soft. Strain them, reserving the stock.

When the stock has cooled, remove the fat which has now become solid. Use the remaining stock for soups or gravy.

Chop or, better, mince the bacon rind. Use it for the preparation of breakfast or other dishes, for soups, or for frying fritters or potato cakes; or to sprinkle over a dish.

WHAT TO KEEP IN YOUR LARDER —HOW TO KEEP IT

(1) Handy to Have in the House

Stale bread or breadcrumbs—have you noticed how many appetizing dishes you can prepare with these? Indispensable also for turning a soup or stock quickly into a pottage and for other emergency cases. Keep in a dry place.

(A) Cabbage, root vegetables and potatoes help you to get out of emergencies in grand style. They keep for some time.

Do not pack them too tightly together. Should they look a bit shrivelled give them a long drink of cold water, they are only thirsty. Store in a dark place.

(B) Apple or any other kind of stewed fruit sauce. Together with flour or the stale bread you have, this makes a substantial sweet dish.

(C) Flour, oats or oatmeal; spices and herbs; gelatine, custard powder, egg powder; tinned fish; meat and vegetable extract; home made rusks. Keep all of these in a dry place. Keep the spices and herbs separately from other foodstuffs, otherwise it might happen that your custard powder smells and tastes of thyme.

(2) Larder for Emergencies

which might never happen but have to be provided for.

(a) Tinned fish, vegetables, meat rolls. Not spaghetti or rice dishes in tins; they can be made easily with little fuel. Tinned fruit. Beware of storing anything that takes a lot of space in comparison to the meal you get out of it.

(b) Potatoes and apples. Keep the potatoes in a dark, dry place, otherwise they will begin to sprout cheerfully. Lay the apples on a board or tray (cover a stone floor with thick paper or wood; it would be too cold). To prevent brown spots make sure that the apples do not touch each other. They should be in matey relationship, not in intimacy. Blossom side downwards, stem up.

(c) Dried fruit: any kind, any amount. It only needs soaking and then serves as a substitute for fresh or stewed fruit. Uses little space and gives a lot.

(d) Rice and macaroni (or the like). These are easy to store, fit into odd corners, and emerge, after correct treatment with very little fuel, as inviting dishes for hungry communities, large or small.

(e) Meat-vegetable extracts, soup cubes, pickles and the

like enable you to make stews or pottages with the addition of cereals or potatoes.

(f) Flour, wholemeal wheaten flour. Keep in bags and move about a bit to prevent them getting 'stuffy'. Move and shake slightly about every 2 or 3 weeks. The safest way to store these cereals is to use them every week from stock and replace them by freshly bought bags.

(g) Rolled oats, oatmeal and barley. Nurse in the same manner as the flour. Remember, wholemeal wheaten flour and oats satisfy the appetite for a long time. Raw rolled oats help to make sandwich spreads.

(h) Home made rusks. Keep in airtight tins. Replace them about every 4 weeks by a fresh supply. They serve as an appetizing substitute for biscuits and cakes, or as a delicious ingredient for the preparation of substantial desserts or cakes, made without fuel.

(i) A tin opener !

And last—but very important—keep in your emergency larder a few recipes for dishes which are quickly prepared with little or no fuel. Make up your mind what you will do in case you have to serve an unexpectedly large number of persons ; write it down and attach it to your recipes.

Feeling thus virtuous and easy in your heart, lock your larder and do not forget where you keep the key.

SAVING LABOUR IN WASHING UP

Even those housewives who have been concerned more with the table decoration than with the kitchen sink, are likely to make the intimate acquaintance of the latter, nowadays. There are various reasons for this prospect into which we do not have to go any further.

Organizing your work is doing half of it, here as well as in any other case.

Always fill your saucepans with cold water, immediately after you have emptied them.

Arrange plates, saucers, cups and cutlery in separate piles, before you start your task. Scrape off whatever is left on the plates (your excellent cooking will probably make this unnecessary, because every helping has been appreciated to the last bite).

Rinse the plates before you wash them. If you cannot do this, perhaps because you have to economize with water temporarily, wipe the plates and dishes with a piece of paper. If you cannot wash up right after you have had your meal, try to find the time to rinse them. The water remaining on the china will prevent the inevitable food remains sticking to it, and you will have considerably less labour in washing later.

Empty the cups.

Begin to wash up with the cutlery, dry it immediately after you have washed it, before you start washing the other things. This accounts also for glasses and glassware. It will be easier to get cutlery and glass shiny if you dry it while it is still hot from the water. Wash the saucepans last.

If you dry plates and saucers with a tea towel (i.e., if you do not stand them in a rack to dry by themselves), take two plates or saucers at once, one over the other. Wipe the top side of one, then the bottom of the other. Change over and repeat. A little labour-saving device for hurried people.

Make sure that you have efficient utensils, little mops and a saucepan cleaner. Do not dream or chat while you wash up but get it over and done with.

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THE CLEANING AND PREPARING OF VEGETABLES

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SPECIAL INDEX

on which pages to find help with your difficulties

- (1) **WHAT TO DO** if one of the family dislikes the only food you could get. How to prepare a familiar dish with offal, corned beef, oddments, etc.

Before you look up one of the recipes given under the following numbers, make sure that you know a few important "DO's AND DON'TS."

DON'T tell what your dish is made of before your family have tasted it—and liked it.

DON'T moan about the food you could get, or rather could not get, before you serve it. Instead:

Do praise the quality and deliciousness of your dish, thus raising anticipation and appetite.

Do find out which flavours are favoured by the more difficult members of your family and use these flavourings ruthlessly to cover whatever you have to serve with grace.

Do begin conversation or small talk during a meal with something pleasant and

DON'T mention the unpaid gas bill until after the meal.

OFFALS, 3, 4, 5, 16

CORNED BEEF, 6, 7, 8, 9, 10, 11

PORK, 13, 14, 15

ODDMENTS, 1, 2, 12, 15, 16

VEAL, 17, 18, 35, 36,

- (2) **SUPPERS AT THE END OF LAZY SUNDAYS**

Your Sunday, however long or short it is, should be a thorough relaxation. Do not spoil it by repeating: 'I

still have to think of the supper and I don't know what to make it of !'

When the time approaches, look up the recipes under the following numbers and pick from these what is suitable to your larder. You will find at least one appetizing dish. Of course it is of advantage to look over these recipes about an hour before you want to prepare the meal, so that you make sure about any ingredient that needs soaking or simmering.

7, 9, 21, 24(a), (b), (c), (d), (e), 25, 36, 39, 52(a), (b), (c), (d), (e), (f), (g), (h), 56, 57, 58(a), (b), (c), (d), (e), (f), 61, 82, 84, 85, 89, 90, 103, 104, 106, 107, 108, 110, 111, 112, 114

SALADS, 92, 93, 94, 95, 96, 97, 99, 101, 102

SWEETS, 26, 117, 119, 120, 121, 122, 123, 126, 127, 128, 129

(3) HOW TO HELP YOURSELF IF YOU HAVE TO FEED AN UNEXPECTEDLY LARGE NUMBER OF PEOPLE

First of all, do not get upset ; everything is going to be fine. In reading through the suggested recipes, you will find out very quickly that you can ' dump ' almost anything into the dish originally meant for your small family and so make it go much further.

You will soon realize with growing experience, with goodwill and charity, that you can make the miracle of the ' loaves and fishes ' come true again.

20, 21, 22, 24(a), (b), (c), (d), (e), 25, 26, 27, 31, 32, 35, 36, 44, 45, 53(a), (b), (c), (d), 54, 55, 56, 57, 58(a), (b), (c), (d), (e), (f), 75, 79, 81, 90, 106, 114

SWEETS, 117, 119(a), (b), (c), 120, 121, 122, 123

(4) ADVICE CONCERNING CHILDREN (OF ALL AGES) WITH SMALL AND PARTICULAR APPETITES

Follow mainly the rules given for the first section of this Special Index. Remember that dainty colours and a kind smile help the presentation of a dish and that illusion is one of the finest spices.

I believe you will find something suitable amongst the recipes given under the numbers :

1, 2, 3, 4, 5, 12, 15, 30, 33, 37, 38, 39, 40, 41, 42, 43, 44, 45, 46, 47, 48, 49, 50, 57, 59, 72, 73, 74, 75, 76, 77, 78, 79, 80, 81, 82, 86, 87, 89, 92, 93, 94, 95, 96, 97, 102, 103, 105, 106, 107, 108, 109, 111, 126, 128, 129.

(5) HOW TO SERVE RAW VEGETABLES UNNOTICED

52, 59, 93, 94, 95, 96, 97, 102, 111, 128, 129, 138, 139, 140

(6) HOW TO BEGIN EVERY DAY WITH THE SMELL AND FLAVOUR OF A BACON BREAKFAST

One of the most difficult tasks, repeated every day, is the getting out of bed. Involuntarily we turn towards a consolation. For some people it is the first cup of tea and the newspaper, for others the early morning cigarette, a hot bath or even a cold shower. But for the majority it has been decidedly the smell of sizzling bacon. If we come to think of it, it is the smell and later the flavour of the bacon more than the actual rasher which meant so much.

Well, we can have this pleasure every day. If we economise with our rations and use the precious and potent bits to flavour the humble breakfast dish, we need not feel any deprivation.

One rasher of bacon, used with skill and imagination, can make a whole family happy in those most critical moments of the day, the early morning.

The recipes under the following numbers give a variety of dishes for which you can make use of 'a little bacon.'

47, 53 (c), 103, 104, 108, 110, 112